



# NUTRITION AND HYDRATION

## HYDRATION: WHEN, HOW MUCH

1. To stay hydrated everyday, you need half your weight in ounces plus 8 oz. per 15 minutes of exercise.
2. 2-3 hrs. before running, you need 17-20 oz. combination of water and sports drink such as Cytomax.
3. 30 min. before race, you need 8-10 oz. water.
4. Post-race or after practice, you need 24 oz. combo of water and sports drink, such as Heed for every pound of body weight lost during exercise.

*Hint: 8 oz. = 1 cup 12 oz. = size of soda can.*

*HYDRATION CHECK: If your urine looks like lemonade, you are well-hydrated. If it looks like apple juice, you are under-hydrated.*

**UNDERSTANDING SPORTS DRINKS** If runners lose too much fluid in sweat without replacing what they've lost in both fluids and electrolytes (like sodium and potassium) they risk becoming dehydrated. Sports drinks provide triple benefits: they rehydrate, refuel & replenish. They replace carbs and sodium.

*\* Choose sports drinks with sodium, carbohydrates and potassium. It should have at least 14 grams of carbs per 8 oz., in drinks such as Gatorade and Powerade.*

*\* Stay away from energy drinks and fitness waters, such as Red Bull, Propel, Vitamin Water and low-calorie sports drinks like G-2. These do not have the nutrients found in sports drinks.*



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## ***The Best Two Products:***



### **THE NIGHT BEFORE AN EVENT**

*Start fueling the night before a race with:*

- \* High carb foods: whole grain bread, pasta, rice, cereal*
- \* Protein foods (PB, lean meats, eggs, yogurt, lowfat dairy)*
- \* Water for hydration and digestion*

#### **DINNER IDEAS:**

*Pasta w/grilled chicken & marinara, salad  
Salmon and potatoes, sauteed zucchini  
Baked potato w/veggies & lowfat chili  
Rice and grilled/broiled chicken, peas  
Stir-fried veggies, lean meat, rice, bread*

**CARB LOADING:** *What's a Cross Country meet without a carb-loading Pasta Dinner? Carbs fuel muscles for training and racing and provide long-haul energy stores.*

#### **PRE-RACE FOODS**

- \* 2-4 hours before racing eat a decent meal*
- \* 30 minutes out eat a small nutritious snack*
  - \* Eat easily digestible foods*
  - \* Choose unprocessed foods.*
    - Low fiber cereal & milk*
    - Yogurt*
    - Dried fruit, fresh fruit*
    - Rice, noodles, pasta w/low-fat sauce*
    - Chicken with pasta*
    - Bagel, Banana*
    - Cream of wheat or rice*
    - Baked potato w/steamed broccoli*
    - Bread or toast w/honey or jam*
    - Pancakes w/syrup*
    - Non-dairy fruit smoothie*
    - Cereal bar, sports bar*
    - Boiled or scrambled eggs, toast*

## **BREAKFAST IDEAS**

\* Oatmeal \* Pancakes, waffles \* Eggs \* Fruit, juice \* Banana \* Yogurt \* French toast \* Fruit smoothie

## **LUNCH IDEAS**

- Turkey sandwich Pasta
- Fruit Low-fat yogurt
- Bread and honey PB&J, skim milk
- Bagel w/PB or cream cheese & honey

## **POST-RACE REFUELING**

**The most important time to eat is within 30 minutes after running**

- \* It restores energy and repairs muscle  
Waiting longer than 2 hours can slow recovery.
- \* Protein as well as carbohydrates are important for tissue repair and glycogen replacement
- Sports drink--16 oz. or more such as HEED
- Bread--add honey, jam, cream cheese
- Cereal w/skim milk and fruit
- Yogurt w/fruit or nuts Chocolate milk
- Turkey sandwich PB&J sandwich
- Fruit smoothie Fruit
- Crackers Granola

## **LOAD UP ON VITAMIN C**

Vitamin C is an antioxidant that can help protect your body and encourage recovery. oranges, OJ, grapefruit, tangerines, cantaloupe, strawberries, cranberry juice, broccoli, leafy greens, tomatoes, peppers, potatoes

## ***And Last of all: HEALTHY SNACKS NOT JUNK FOODS***

Stay away from the candy and processed foods.

Pack your own lunch and snacks.

- Pretzels,
- nuts
- Fig bars
- Peanut butter & bagel
- Power bars
- Granola bars
- Carrots
- Graham crackers
- Pudding cup
- Wheat crackers
- Oranges, grapes
- PB & honey on tortilla
- Bananas