



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