

FUELING STRATEGIES

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ENERGY IS



1

Build a performance plate that incorporates protein, carbohydrates, fats, vegetables/fruits, spices, and hydration. The distribution between macronutrients will change depending on training intensity that day. Nevertheless, building a full plate that has each of the three macronutrients + essential micronutrients is key to fueling for performance!

2

Focus on meal timing around training sessions. Include a high carbohydrate and moderate protein snack/meal at least 2-4 hrs before training. If training sessions are high intensity for over 1 hour, include a quick carbohydrate snack such as apple sauce, candy, energy chews, etc. To promote recovery, grab a high carbohydrate and high protein snack post workout.

3

Choose energy-dense food options. Avoid low carbohydrate food options when training at high intensity. Choose high protein options when possible to help achieve your daily protein target. When incorporating fats, choose fats high in omega 3s to help facilitate recovery by anti-inflammatory mechanisms.



WAYS TO ADD ENERGY

Adding more food to an athlete's diet can be challenging for various reasons. For most, being told to eat more is contrary to what is believed within sport culture. Athletes are told to look a certain way rather than how they should fuel their bodies for performance. Other reasons can include: access, GI distress, lack of guidance and support. Let's dig into 3 simple strategies to improve athlete's energy intake.

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HIGH CARBOHYDRATE OPTIONS

Whole grain bread
Pasta
Whole grain cereal
White Rice
Brown Rice
Couscous
Old fashion oatmeal
Sweet potatoes
White potatoes
Quinoa
Buckwheat
Fruit
Dried fruit
Sports drinks
Honey
Sorbet
Candy

HIGH PROTEIN OPTIONS

Eggs + egg whites
Protein powder
Turkey breast
Chicken breast
Extra lean ground beef
Lean cuts of beef (inside round, sirloin, flat iron, etc)
Pork chops
Canned Tuna
Sushi Grade tuna
Fat free cheese
Fat free cottage cheese
Fat free greek yogurt
Shrimp
Calamari
Salmon
Scallops
White fish

HIGH OMEGA 3 FAT OPTIONS

Seafood (cold-water fatty fish like salmon, mackerel, tuna, herring, and sardines)
Nuts and seeds (flaxseed, chia seeds, and walnuts)
Plant oils (flaxseed oil, canola oil, and soybean oil)
Fortified foods (certain brands of eggs, yogurt, juices, milk, and soy beverages)
Supplements (fish oil, krill oil, cod liver oil, and algal oil)