FUELING SUCCESS:

A SPORTS DIETITIAN SHARES HER BEST TIPS FOR FUELING PERFORMANCE

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MEET THE DEMANDS OF SPORTS WITH PRACTICAL, SUSTAINABLE FUELING SOLUTIONS

WHY IS PROTEIN IMPORTANT?	Protein provides the body with the essential amino acids needed to support muscle building and repair. Eating the right amount of high-quality protein at the right times is crucial to optimizing performance.
WHEN IS THE BEST TIME TO EAT PROTEIN?	In general, it is recommended to spread out protein intake throughout the day. Protein is essential to muscle repair post exercise, so opt for higher amounts (>20g) immediately following activity for maximum muscle repair.
WHAT ABOUT CARBS?	Carbs are the preferred energy source for muscle. Pre-workout carbs provide quick fuel while post workout carbs replenish glycogen stores in the muscle.
"NO TIME TO EAT"	Fueling is not optional. Reframe mindset about having "no time" for food. Help athletes troubleshoot snacks that they can take with them to eat on the go.
WHEN SHOULD I EAT?	Timing matters! Map out a fueling schedule around school/work, practices/games and other commitments. Avoid going more than 3 to 4 hours without eating during the day and prioritize pre and post workout meals and snacks to help fuel activity and promote recovery. Adjust schedule throughout the seasons as schedules shift.
LIMITED ACCESS TO FOOD	Healthy food doesn't have to be fancy, expensive or hard to find. Keep it simple and always pack extra snacks. Seek out and share resources in the community such as school lunch programs, university food service support programs and local food pantries.
LACK OF EDUCATION	There's a lot of misinformation out there. Seek out reliable sources from a registered dietitian that specializes in sports.

NUTRIENTS ATHLETES NEED MORE OF – FROM MUSCLE MAINTENANCE TO BONE HEALTH TO INJURY PREVENTION -

when athletes don't get enough of these essential nutrients, performance suffers

Nutrient	Food Sources
CALCIUM for strong bones, teeth and muscle function	Yogurt, milk, cheese, fortified and enriched cereals and juices.
VITAMIN D for calcium absorption and bone mineralization, muscle function, and immune health	Fortified dairy, fish (salmon, trout), fortified and enriched cereals, eggs.
PROTEIN for muscle repair and building, immune health, fluid balance	Meat, poultry, fish, eggs, dairy, soy, nuts, seeds, beans.
FIBER for digestion, satiety, blood sugar control, gut health	Whole grains, nuts, seeds, fruits, vegetables, beans.
FLUID for temperature regulation, nutrient transport, cellular function	Water, smoothies/shakes, sports drinks, 100% juice, milk. Aim to drink at least 50% of body weight in fluid ounces per day.
ELECTROLYTES: SODIUM* for fluid balance, blood pressure, muscle and nerve function	Salted nuts, canned tuna, canned beans, cold cuts, crackers + breads.
ELECTROLYTES: POTASSIUM* for fluid balance, muscle and nerve function	Fresh + dried fruit, potatoes, sweet potatoes, avocado, beans, spinach, milk, yogurt

*the most plentiful electrolytes lost in sweat

ATHLETES HAVE INCREASED PROTEIN NEEDS

Eating protein at the right time is just as important as figuring out how much to take in per day. Calculate protein needs based on body weight and distribute those grams throughout the day, at all meals and snacks, including post workout recovery.

RECOMMENDED PROTEIN INTAKES

0.8-1.1 G/KG†/DAY

RECREATIONAL ATHLETE

Appropriate for general population participating in regular, gentle activity.

1.6-2 G/KG†/DAY

COMPETITIVE ATHLETES

Appropriate for higher intensity and duration training. Use the lower end of this range for endurance athletes and high-volume training; the upper end of the range may be more appropriate for more strength-focused training and athletes recovering from injury.

†1 KG = 2.2 LBS

SNACKS AND MEALS TO FUEL AND RECOVER

Sports nutrition is all about timing! Consideration for training schedules and digestion time can make the difference between successful training and a wasted workout.

While any type of training requires both protein and carbs, strength training can benefit from higher amounts of protein while endurance focused training requires more carbohydrates. These nutrients are best delivered throughout all meals and snacks, with increased emphasis on pre and post workout.

Pre-Workout Snacks

30 to 60 minutes before exercise

Goal: easy digestion, quick energy, convenient

Nutritional Targets: low fiber, moderate protein, high carb

- Cereal bar + fruit
- Oikos Pro Shot
- Oatmeal with brown sugar
- Peanut butter crackers
- Flavored rice cakes

Post-Workout Snacks

20 to 30g protein + healthy carbs

Goal: repair tissues, replenish energy stores, fast delivery (within 1 hour)

Nutritional Targets: high quality protein, carbs, fluid, electrolytes

- Oikos Pro Drink or Protein Shake
- 2 hardboiled eggs + veggies + hummus
- Tuna pouch + crackers
- Jerky + string cheese + ¼ cup almonds
- Smoothie w/ peanut butter powder, Oikos Pro yogurt, frozen fruit + coconut water

Recovery Meal Ideas

30 to 40g protein + healthy carbs

Goal: replace nutrients, repair tissues, replenish energy stores

Nutritional Targets: high quality protein, carbs, fluid, electrolytes

- 3 Eggs + bagel + Oikos Pro Shot
- Yogurt bowl with fruit, chia seeds + granola
- Sandwich with cheese + veggies + Oikos Triple Zero
- Salmon with yogurt-cucumber sauce + quinoa
- Grilled chicken sandwich + smoothie (frozen fruit + Oikos Pro or Oikos Pro Cup + coconut water)

OIKOS
RECOMMENDED BY SPORTS DIETITIANS

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