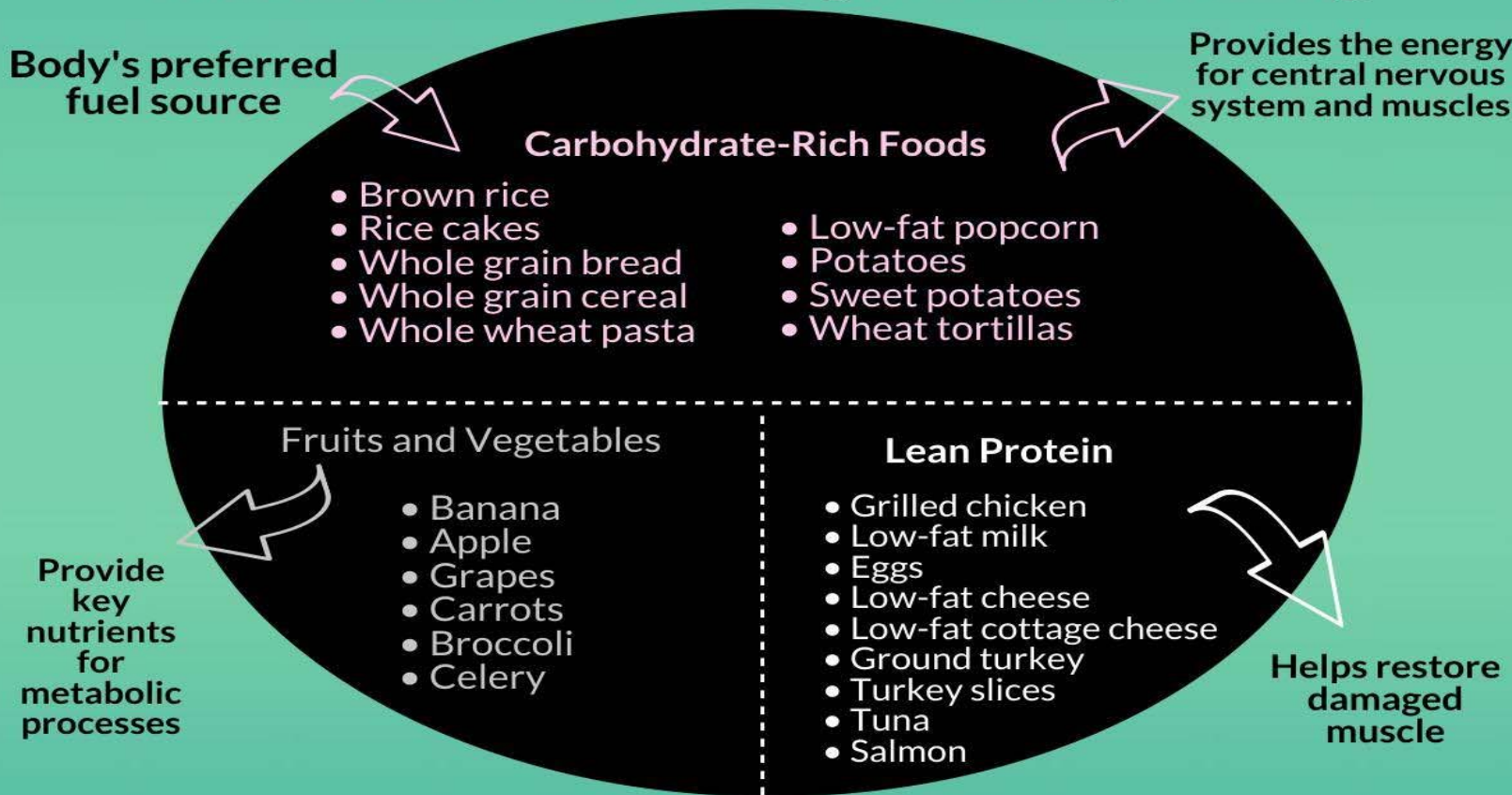


FUELING UP for Performance on the FIELD and in the CLASS

Performance Plate for High Intensity Training



LOW CARBOHYDRATE INTAKE = LOW GLYCOGEN LEVELS = FATIGUE

-> About four hours before exercise, 4 grams of carbohydrates per kilogram of body weight (4 x body weight in kg = grams of carbohydrates) should be consumed to improve glycogen stores and prepare for exercise.

-> Consume around 1-2 grams of carbohydrates per kilogram of body weight 1-2 hours before exercise to ensure enough energy is available.

-> Consuming carbohydrates helps to enhance performance during physical activity.

-> Getting a steady intake of carbohydrates throughout the day ensures that your brain will be properly fueled to learn, and you will be ready to focus in the classroom.

-> Adding carbohydrate containing snacks into your diet will help to ensure adequate amounts of energy are available to use throughout the day.

Building a Sustaining Snack



Though half of grains consumed should be whole grains, before exercising, stick to simple carbohydrates that will digest quickly to provide a quick energy source and prevent digestive issues from occurring. The closer to exercise it gets, the lower in fat, fiber, and protein content your snacks should be.

Snacks to Consume Throughout the Day and Between Classes:

1. Whole grain crackers with turkey
2. Whole grain pretzels with hummus
3. Apple with peanut butter
4. Salmon or tuna packet with pretzels
5. Whole grain crackers and low-fat cheese
6. String cheese with grapes
7. Granola and low-fat yogurt
8. Hard boiled egg and fruit
9. Low-fat milk and an apple
10. Walnuts and low-fat yogurt



Snacks to Consume 1-2 Hours Before Exercise

1. Banana
2. Dried Fruit
3. Low-fat crackers
4. Pretzels
5. Raisins

Oatmeal Peanut Butter Energy Bites Recipe:

Ingredients:

1. 1 cup dry oats
2. 1/4 cup peanut butter
3. 1/4 cup honey
4. 1/2 cup mini chocolate chips
5. 1 teaspoon vanilla extract



Directions:

1. Mix all ingredients well in a bowl.
2. Refrigerate for at least thirty minutes.
3. Scoop out a tablespoon of the mixture and roll into a ball.
3. Store in refrigerator for up to a week.

Ways to modify energy bites: add in ground flaxseed, chia seeds, coconut flakes, dried fruit, almond butter, or peanuts.



Do you have a nutrition question? Need a customized meal plan to optimize your athletic performance? If so, visit Sports Performance Nutrition Services in the Memorial Field House, Room G-21!

To set up an appointment, contact Jason Nepa, RDN via j.t.nepa@iup.edu or (724) 357-3094.

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