



Carbohydrates

- Aim to consume 6-12 g/kg body weight per day in carbohydrates to maximize glycogen stores
- Try eating foods like wholemeal bread, brown rice and pasta, potatoes, wholegrain cereals and porridge, couscous and noodles
- Rapid refuelling of glycogen stores can be expedited by eating carbs high on the glycemic index or combining your carbs with protein or caffeine.

Protein

- Aim to consume 1.2-1.7 g/kg of body weight per day in protein
- Try eating food like lean meat and poultry, fish such as salmon and tuna, eggs, low-fat dairy products such as milk or yogurt, bean and lentils, unsalted nuts
- Try to meet your protein needs by evenly spaced proteins feedings (approximately every 3 hrs throughout the day)

Nutritional Recommendations for the Athlete

Fats

- Consume no more than 2 g/kg body weight or at minimum 20% of the total energy intake in fats
- Try eating foods like avocados, olive oil, cashews, almonds, fish such as salmon or mackerel, and seeds such as pumpkin seeds
- All fats consumed should be unsaturated. They can be either monounsaturated or polyunsaturated

Nutrient Timing

- Nutrient timing may be beneficial to athletic performance and enhancing the benefits of the foods you are eating
- This technique is the methodical planning and eating of whole foods, fortified foods, and dietary supplements

For references or more information, scan the QR code or visit <https://blogs.longwood.edu/internnutritionhydration/>

