

# Fueling Your Body for Your Sport

For adolescent and young adult athletes

Name _____	Date _____	Weight (lb) _____	
	<b>Low impact, low intensity</b> ( <1 hour of activity)	<b>Moderate intensity</b> (1-1.5 hours of activity)	<b>High intensity, high endurance</b> (>1.5 hours of activity, multiple workouts per day)
<b>Before activity</b>	<p><b>Fluids</b> 4 hours before</p> <ul style="list-style-type: none"> <li>16-20 oz. of water or sports drink</li> </ul> <p>10-15 minutes before</p> <ul style="list-style-type: none"> <li>8-12 oz. of water</li> </ul> <p><b>Food</b> 3-4 hours before: Carbs: 0.5-2 g/lb</p> <p>10-15 minutes before: High carb, low fat and fiber, moderate protein snack</p>	<p><b>Fluids</b> 4 hours before</p> <ul style="list-style-type: none"> <li>16-20 oz. of water or sports drink</li> </ul> <p>10-15 minutes before</p> <ul style="list-style-type: none"> <li>8-12 oz. of water</li> </ul> <p><b>Food</b> 3-4 hours before: Carbs: 4-5 g/lb</p> <p>10-15 minutes before: High carb, low fat and fiber, moderate protein snack</p>	<p><b>Fluids</b> 4 hours before</p> <ul style="list-style-type: none"> <li>16-20 oz. of water or sports drink</li> </ul> <p>10-15 minutes before</p> <ul style="list-style-type: none"> <li>8-12 oz. of water</li> </ul> <p><b>Food</b> 3-4 hours before: Carbs: 4-5 g/lb</p> <p>10-15 minutes before: High carb, low fat and fiber, moderate protein snack</p>
<b>During activity</b>	<p><b>Fluids</b> 3-8 oz. of water every 15-20 minutes</p> <p>Do not drink more than 1 quart per hour</p> <p><b>Food</b> No extra requirement</p>	<p><b>Fluids</b> 3-8 oz. of a sports beverage every 15-20 minutes</p> <p>Do not drink more than 1 quart per hour</p> <p><b>Food</b> Carbs: 30-60 g/hour</p>	<p><b>Fluids</b> 3-8 oz. of a sports beverage every 15-20 minutes</p> <p>Do not drink more than 1 quart per hour</p> <p><b>Food</b> Carbs: 30-60 g/hour</p>
<b>After activity</b>	<p><b>Fluids</b> 20-24 oz. for each pound lost during activity</p> <p><b>Food</b> No extra requirement</p>	<p><b>Fluids</b> 20-24 oz. for each pound lost during activity</p> <p><b>Food</b> Carbs: 0.5-0.7 g/lb during the first 30 minutes, then every 2 hours for 4-6 hours</p> <p>Carbs to protein 2:1</p>	<p><b>Fluids</b> 20-24 oz. for each pound lost during activity</p> <p><b>Food</b> Carbs: 0.5-0.7 g/lb during the first 30 minutes, then every 2 hours for 4-6 hours</p> <p>Carbs to protein 3:1</p>

Disclaimer: This serves as a generalized informational tool and may not be suitable for all adolescent and young adult athletes. Please review appropriateness and individual needs with your health care provider.

# Food and Drink Reference List

<b>Carb suggestions</b>	<b>Serving size</b>	<b>Carbs (g)</b>	<b>Protein (g)</b>
Gels	1 packet	25	0
Sports drink	1 cup	15	0
Applesauce (unsweetened)	½ cup	13	0
Apple	1 medium	19	0
Banana	1 medium	28	1
Fruit juice	1 cup	30	1
Brown rice (cooked)	1 cup	44	5
Mixed vegetable	1 cup	17	3
1% Chocolate milk	8 oz.	26	8
Whole wheat pasta	1 serving	43	6
Whole grain bread	2 slices	24	10
Soybeans	1 cup	28	33
Bagel	1 medium	50	11
Fruit yogurt (low fat)	1 cup	46	10
Clif bar	1 bar	44	10
1% milk	1 cup	12	8
<b>Protein Suggestions</b>			
1% Cottage cheese	1 cup	6	28
Cheddar cheese	1 slice	0	7
Turkey/chicken breast	1 serving	0	28
Tuna	1 cup	0	39
Tofu	1 slice	1	5
Egg	1	1	6
Peanut Butter	2 Tbsp.	7	8
Nuts	1 oz.	5	6

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