



Fast Break Nutrition – Timing is Key!!



Breakfast...Pre, During, Post-Workout...Throughout the Day

1. Eat Breakfast Every Day

- Fuels the Brain, Fuels the Muscles, Increases Energy Levels, Optimizes Metabolism
- Don't substitute coffee, soda, energy drinks for food or lack of sleep
- Don't play catch up later in the day!

Breakfast Should Include:

- **Protein:** Eggs, egg whites, ham, beans, yogurt, low-fat milk, nut-butter
- **Carbohydrate**(higher fiber!): Whole grain bread, oatmeal, high fiber cold cereal, beans
- **Color!:** Fruit in yogurt/cereal/oatmeal; Veggies in eggs or omelet

2. Pre workout

- Don't go into a workout without fuel!
- Top off your fuel tank with a balanced snack of fluid, carbohydrate & a little protein 1-2 hrs prior
 - 0.5-1gm/lb Carbohydrate, 10 gm protein (See snack list)
 - Drink 16-20 oz with snack, 8-10 oz right before workout

3. During Workout

- Stay Hydrated!
 - **Take 4-6 gulps about every 10-15 minutes**
 - Losing 2% or more of your body weight due to sweating can decrease performance and increase health risks. A good way to monitor hydration is to weigh yourself before & after training.
- Do you need a sports drink?
 - NO if...
 - Training for less than 1 hour
 - Weight loss is a goal of training session
 - YES if...
 - Training over 1 hour, in extreme environments
 - Lean body mass gain is goal
 - You go into workout without fuel
 - Intense workout



4. Post Workout

- The sooner you get in your post workout nutrition, the quicker you recover
- Within 30 minutes of training & again 2 hours after: (See Carbohydrate & Protein Food List)
 - Refuel with Carbohydrate: 50-150 gm (0.3-0.7 gm/lb)
 - Rebuild with Protein: 10-30 gm
 - Rehydrate with Fluid: 20 oz per lb lost



5. Continue to give your body steady fuel – Skipping meals = lower energy levels, decreased mental & physical performance: ---→Think Carbohydrate, Protein, Color at each meal!!

