

## Camp Nutrition - Jason Pyrah

Eating during base training - Food Guide Pyramid - Bread, Grains, Cereals(6-11), Fruits(2-3), Vegetables(3-5), Milk/Dairy (2-3), Meats/Nuts (2-3), Sweets, Fats, Oils - Reduce use of Omega 6 Sweets, junk calories, and soda pop - Ramsey

Nutrition Facts Labels

Time before workouts

Post workout recovery

Dehydration - Hydration

Fluids - When? Before, during, and after exercise

Sport Drinks—contain Water, Sugar, and Salt—small amounts of electrolytes are lost in sweat, and these can easily be replaced from foods eaten during the next meal. Sodium actually helps in the rate of fluid and glucose absorption from the stomach and intestine.

Glucose in the drink may be counterproductive in weight loss is one of your goals.

Fructose is used in many sport drinks. Diluted fruit juice can offer the same effect at about half the cost.

Prerace meal - Want to make sure that live glycogen stores are full. High carbohydrate meal 2-4 hours before the event. Low in fat and moderate in protein.

High fiber foods should be avoided to prevent feeling bloated during competition. Spicy foods - heartburn, and lots of sugars can cause diarrhea.

Do what works best for you!

Post-race recovery - the body has to shift from breaking down glycogen etc for fuel to the anabolic state of restoring muscle and liver glycogen. First priority is to replace fluids losses. Appropriate post competition intake can replenish the body in 24 hrs. To maximize glycogen replacement, a high carbohydrate meal or drink should be consumed as soon as possible after the event and again every 2 hours for 6 hours after the event. Fructose is probably the best way of restoring liver glycogen stores.

Protein - necessary recovery and basis for body enzyme systems.

Vitamin Supplements - Vitamins are coenzymes

Antioxidants - Vitamin A, Vitamin C, Vitamin E, Minerals - zinc, copper, manganese, iron and selenium.

B vitamins necessary for energy metabolism - reactions that release energy from CHO, fat and pro - thiamin, riboflavin, and niacin, pantothenic acid and biotin - sources bread, cereal, rice, and pasta, vegetables (mushrooms, asparagus, broccoli, spinach)

B6 necessary for synthesis of hemoglobin - Sources (broccoli, spinach, bananas, meats)

B12 necessary for the synthesis of red blood cells---best source red meat, Milk products, egg yolks.

Minerals - Calcium, Magnesium, and Iron

Performance enhancing - drug testing