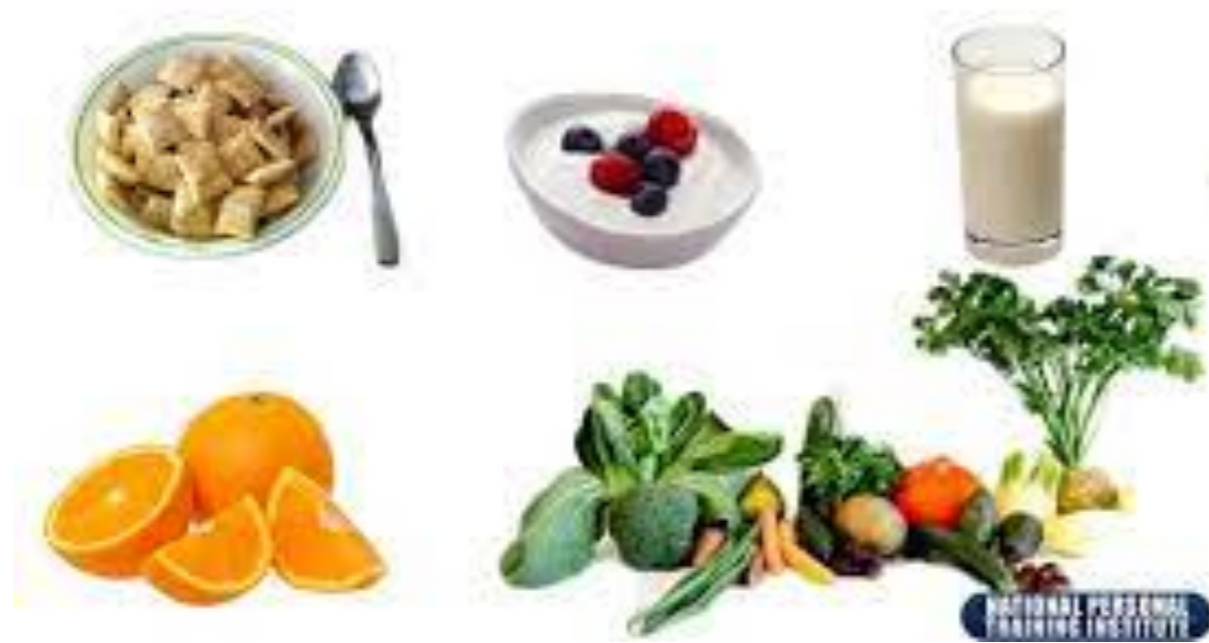


Do You Get Confused What to Eat or Drink Before Exercise?

SPORTS NUTRITION SERIES

Best Pre-Workout Foods



Summary: If you are doing something like a workout at a gym or a run under a hour it is easy - just have water. If it is going to be longer you might want to have something with carbs that does not give you any stomach issues.

Do You Get Confused What to Eat or Drink Before Exercise?

DO YOU/CAN YOU DO THIS?
SHORT WELLNESS SELF-CHECKS

SPORTS NUTRITION SERIES

Do you get confused what to eat before exercise or sport. Your not alone. If you are doing something like a workout at a gym or a run under a hour it is easy - just have water. If it is going to be longer you might want to have something with carbs that does not give you any stomach issues. I suggest a piece of fruit or toast. I would also suggest not eating more than 300 total calories within half hour. More importantly you should have been eating soundly all along. The day before and the hours before. During exercise if it is under a hour water would be fine. If is greater than a hour see Clark's table below for a good reference.

Five main reason for pre exercise fueling

1. Prevent hypoglycemia (low blood sugar). It can interfere with performance.
2. It helps settle your stomach by absorbing gastric juices,
3. Ward off hunger.
4. It gives our muscle and brain energy
5. It makes you mentally feel prepared
6. It helps you sustain exercise and helps you work harder

DO NOT DO YOUR SPORT IN A FASTED STATE

Some athletes and exercise buffs think that they will burn fat for fuel when they exercise in a fasted state, with no pre-exercise fuel. While some believe this will help them lose body fat, that is not the case according to N. Clark. To lose body fat, you need to create an energy deficit by the end of the day regardless of whether you burn carbohydrate or fat during exercise. You'll be able to exercise harder, burn more calories, and potentially lose more body fat if you eat a pre-exercise snack. Remember it is not necessary if you are exercising for under a hour.

TABLE 10.1 Suggestions for Fueling During Exercise

Exercise type	Carbohydrate intake during exercise	Examples
<45 minutes, such as a workout at the health club	Nothing needed other than a preexercise snack.	Water, if thirsty
Sports with half-times, such as soccer, football, basketball	Easily digested carbohydrate as tolerated during and right before returning to play (to reduce risk of rebound hypoglycemia).	Watermelon, grapes, apple sauce, sports drinks, gel, maple syrup, animal crackers
1 to 2.5 hours, such as triathlon training, half-marathon, or swim team practice	30-60 g (120-240 calories) of carbohydrate/hour, after the first hour. (The preexercise snack fuels the first hour.)	Sports drink, gels, banana, dried pineapple, dried apple rings, fruit puree in squeeze pouches, gummy candy, pretzels
>2.5 hours, low to moderate intensity, such as walking a marathon, an all-day bike ride, or hiking	According to appetite, but at least 60 to 90 g (240 to 360 calories) if not more.	Banana bread, trail mix, dried fruit, hummus wrap, peanut butter and jam sandwich, any food that settles well
>2.5 hours, moderate to high nonstop intensity, such as running a marathon, an adventure race, or a triathlon	60-90 g carbohydrate/hour (240 to 360 calories of carbohydrate/hour) from a variety of foods. (Higher intakes are associated with better performance.) If digestive issues, swish and spit out sports drink.	Sports drinks, gels, sports candies, energy bars, simple cookies and candies, and standard foods, as tolerated, for carbohydrate, protein, and flavor change, nut butter and honey wrap, chocolate milk, jerky, cheese stick

Something to consider from N. Clark

Drink. Water Drink extra fluid the day before so that your urine is very pale. On the day of the event, drink 2 to 4 milliliters per pound (5-10 ml/kg) of body weight in the two to four hours before the event. This helps you hydrate optimally plus allows sufficient time to void the excess (ACSM 2016). For a 150-pound (68 kg) athlete, that's 300 to 600 milliliters (10 to 20 oz)—a mug of coffee and a glass of water!

Familiar Foods. Always eat familiar foods before a competition. Don't try anything new! Schedule a few workouts of similar intensity to and at the same time of day as an upcoming competition, and experiment with different foods to determine which (and how much) will be best on race day.

Race Jitters: If you know that you'll be jittery and unable to tolerate food before an event, make a special effort to eat well the day before. Have an extra-large bedtime snack instead of breakfast.

Type of sport. Cyclists, swimmers, cross-country skiers, and others who exercise in a relatively stable position report fewer GI problems than do athletes in running sports that jostle the intestines.

Training status. Untrained people who are starting an exercise program report more GI problems than do well-trained athletes

Gender. Women report more GI problems than men do, particularly at the time of their menstrual periods.

Exercise intensity. During easy and even moderately hard exercise, the body can both digest food and comfortably exercise. But during intense exercise, the shift of blood flow from the stomach to the working muscles may be responsible for GI complaints.

Precompetition food intake. Eating too much high-protein and high-fat food (such as bacon and fried eggs or a burger and french fries) shortly before exercise can cause GI problems. Tried-and-true low-fat, carbohydrate-rich favorites (such as oatmeal or bananas) that are part of your day-to-day training diet are a safer bet.

Fiber. High-fiber diets intensify GI complaints. If you are eating large amounts of fruits, vegetables, beans, legumes, and whole grains, try cutting back for a week to see whether you feel better.

Caffeine. Some athletes try to enhance their performance by drinking a larger-than-usual mug of coffee but end up with an upset stomach, diarrhea, and substandard performance.

Level of hydration. Dehydration enhances the risk of intestinal problems. During training, start exercising in a well-hydrated state and be sure to practice drinking different fluids on a regular schedule (about 8 oz, or 240 ml, every 15 to 20 minutes of strenuous exercise) to learn how your body reacts to water, sports drinks, diluted juice, and any fluids that you will be drinking during competition.