

Sports Nutrition Playbook

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Pre-Workout

- Meal 3-4 hours before workout
 - High carbohydrate (50-70% of meal), moderate protein, low fat & fiber
 - Examples of pre-workout meals based on workout times...
 - Early morning training: Energy bar and a banana or a baggie of dry cereal, granola, and a few nuts or shake with fruit and low-fat milk
 - Mid-morning training: 1 ½ cups oatmeal w/ 1 spoon peanut butter mixed in, 1 fruit, 12oz low-fat milk mixed with 1 scoop whey powder
 - Afternoon-training: Thick wheat bread sandwich w/3-5oz turkey or ham, cheese, lettuce tomato, mustard, 1 cup cold pasta or fruit, small energy bar
- Snack approximately 30 minutes before workout
 - High carbohydrate, low protein
 - Examples: energy bar, granola bar, fruit, small fruit smoothie

During-Workout

- After working out for 1 hour, you need to start adding carbohydrate every 30 minutes to keep energy levels up
 - High carbohydrate, low to no protein, no fat
 - Examples: Gatorade, small energy bar, small chewy granola bar, fruit, crackers, peanut butter crackers
- If you are trying to gain weight, work on drinking or eating something during workout like an energy bar, banana, granola bar, shake with carbohydrate and whey protein powder. You can also sip on Gatorade consistently throughout workout

Post-Workout

- “2 Hour Window of Opportunity” = EAT as soon as you can post-workout!!!
- Try to eat a snack within 30 minutes post workout and then a meal within 2 hours post-workout unless you can eat a meal immediately
- Goal is to eat a 4:1 ratio of carbohydrates to protein (4 grams carbohydrate to every 1 gram protein) in order to replace energy stores lost and muscle tears that happened during your workout
- Immediate post-workout snack ideas:

○ 16-20oz Low-fat chocolate milk	○ 1-2 cups whole-grain cereal w/milk
○ Clif, Gatorade, or Power bar	○ 1 cup fruit yogurt w/ granola
○ Smoothie: 1-2 cups low-fat milk, fruit, & 1 scoop protein powder	○ Trail mix w/ 1 cup cereal, 1 cup granola, small amount of nuts
○ Shake ex. Muscle Milk Collegiate	○ Granola bar and 12oz low-fat milk
- Meal 1-2 hours post-workout ideas:
 - 2 egg/2egg white omelet with low-fat cheese, veggies if you like, & ½ c chopped lean ham, 2 whole wheat waffles with low-fat butter and drizzle syrup
 - 12” Subway on wheat or honey oat w/veggies, lean meat, & cheese, baked chips & fruit
 - 5 oz grilled chicken breast, 2 cups pasta w/ marinara sauce, 1 cup green veggie, 1 wheat roll, 1 piece fruit
 - 1 grilled chicken sandwich, 1 bag Baked Lays, energy bar, & fruit
 - 1 whole wheat bagel w/ 3oz lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar

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Weight Gain Tips

- Eat a high calorie breakfast of whole grain carbohydrates, protein, healthy fat and dairy
- Eat every 2-3 hours...do not skip breakfast or snacks
- Bring snack to class or work and eat between all meals
- When you sleep in on the weekends, drink an extra protein shake or two or eat an extra meal to make up for the calories you slept through
- Pre-workout grab an energy bar, granola bar, peanut butter crackers or trail mix to fuel your body to perform; especially if you are working out in the morning
- During workout take calories in via sports drink, ready-to-drink shake or bar
- Post-workout eat a carbohydrate-protein rich snack within 30-45 minutes after workout
- Eat sandwiches and toast on bagels instead of breads
- Drink milk or 100% juice with meals
- Add 2 spoons of peanut butter to a bagel, toast, oatmeal, waffles, pancakes, etc.
- Eat peanut butter and jelly sandwiches as “in-between” meal snacks or desserts after a meal
- Add granola to a bowl of cereal, oatmeal, or mix into a nut/dried fruit trail mix
- Add avocado to sandwiches, burgers, wraps, fajitas, etc.
- Eat high-calorie meal right before going to bed (protein shake, high-calorie protein bar and milk, PBJ sandwich and milk, yogurt and granola, high calorie cereal and milk)
- Use high calorie protein powder in oatmeal & in shakes made with 2% milk
 - Good shake brands: Gatorade Recovery, Muscle Milk, Muscle Milk, CytoSport products, Rockin Refuel
- Eat nuts as a snack
 - Mix with high calorie cereal and dried fruit as trail mix
- Choose higher calorie cereals, yogurts, granola bars, energy bars
 - Cereals: Quaker Oatmeal Squares, Quaker Mini Wheats, Kellogg’s Cracklin’ Oat Bran, Kellogg’s Raisin Bran Crunch, Kellogg’s Smart Start, Low-fat Granola, Total Oatmeal Crisp, Fiber One Honey Clusters, Post Grape Nuts Trail Mix Crunch, Kashi Go Lean Crunch, Nature Valley Cereal
 - Yogurts: Yoplait Original, Yoplait Thick & Creamy Custard Style (mix w/granola)

Weight Loss/Leaning Out Tips

- Follow the 80/20 Rule
 - 80% of the time eat for health, performance and to meet your goal. 20% of the time you can splurge a little.
- Eat smaller whole grain carbohydrate/lean protein meals every 2-4 hours and sprinkle in healthy fats
- Choose “quality” calories = whole grain, lean protein, healthy fats, fruit and vegetables
 - Oatmeal vs. pop-tarts
 - Grilled chicken vs. fried chicken
 - Peanut butter vs. cream cheese
 - Low-fat milk vs. soda
- Eat a breakfast with whole grain carbohydrate, 20-30 grams of protein and some healthy fat
 - Sample: 1 cup oatmeal with 1 Tbs. peanut butter mixed in, 6 oz low-fat Greek yogurt w/berries and 8-16 oz low-fat milk OR 2 eggs, 1-2 oz turkey sausage, 2 slices whole wheat toast with 100% fruit jelly, 8-12 oz low-fat milk
- Pack healthy snacks for school, work and before workouts
 - Whole wheat crackers & cheese, Greek yogurt with fruit, 100% whole wheat bread with peanut butter, fruit & nuts
- Avoid refined/processed carbohydrates (pop-tarts, sugary cereals chips, cookies), fried food, and high fat foods
- Add fruits and vegetables with skin to meals and snacks & add a salad to dinner with dressing on side
- Don’t drink your calories in soda, sweet tea, fruit juice, lemonade, fancy smoothies & coffee drinks, alcohol, etc.
- Try not to eat the 1-2 hours before going to bed