

WHAT'S IN YOUR HYDRATION AND FUEL KIT?

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Your body is always in a state of prepare or repair. TO optimize performance and recovery you should fuel and hydrate BEFORE and AFTER every practice and workout. #FuelsofEngagement

Need to prioritize pre and post workout fueling

Skipping meals/fasting will NOT improve performance

Start your practices/workouts well hydrated. Urine should be light in colors and higher in volume BEFORE you start to exercise. Choose fluid as well as liquid containing foods (fruits, vegetables, soups, smoothies) before you hit the field or the weight room. Being well hydrated will improve strength, speed and stamina. Caffeine does not dehydrate but can overstimulate

Adding electrolytes may be the right decision along with optimal hydration to prevent cramping. Sports drinks, electrolyte packets, adding salt to food or eating salty foods such as pickles, Soy sauce, and broth can be helpful. **Electrolyte packets are \$\$\$\$**

REPLACE WHAT YOU LOSE. For every pound of fluid you lose during practice/workouts- replace with a bottle of water or sport drink. If you lose 5 pounds during practice, you will need to drink around 5 bottles. Aim for 1-2 bottles per hour after practice. Fluid replacement **POST-**exercise is in **ADDITION TO** your daily fluid needs

THINK YOUR DRINK! You need to drink enough and #scorewithyourpour Water, milk, juice, even tea and coffee and sometimes sports drinks can be helpful.

How you drink may make your performance soar or stink. Chugging water in an attempt to hydrate is not productive. The body can only absorb a maximum of 1 quart (32 oz) per hour in a hot and humid environment. Hydrate smarter, not harder, by drinking a max of 4-8 good sized gulps of water or sports drink every 20 minutes.

Food is only great if you eat what is on your plate! Choose foods you like as a part of your performance plate. Be selective but not neglectful when it comes to food choices. Do make an effort to include protein, produce and some carbs at every meal you eat.

No need for elimination without justification. Cannot focus solely on what you won't eat.

IF YOU SKIP YOUR PERFORMANCE MAY SLIP. Skipping meals can hinder your performance and progress in changing your body composition. Aim to be consistent with the number of meals and snacks you choose daily. Food is fuel for performance; don't let yourself run on empty.

START OFF STRONG. Breakfast is a chance to refuel, replenish and rehydrate so your body does not have to play catch up. Do make sure to put protein, produce and carbs on your plate. If you are too tired to chew, a smoothie may be a great choice for you.



Create a **#winningplate** with **half** of your plate as **produce** (fruits and vegetables), $\frac{1}{4}$ as **protein** (meat, poultry, fish/shellfish dairy, eggs, plant based protein) and $\frac{1}{4}$ as **carbs**(rice, pasta, quinoa, potato, bread, cereal A performance plate delivers on **quality, quantity** and **consistency** to help you **maximize** strength, speed, stamina and recovery.

CARBS ARE NOT THE ENEMY! Carbs from fruits, pasta, rice, potatoes, bread, corn provide the fuel your body needs for practice and workouts. If you eliminate the carbs from your plate, you may find yourself slower, weaker and more fatigued. Plus, too few carbs force your body to use lean mass as a fuel source during exercise. So just say no to too low when it comes to carbohydrates.

When it comes to protein, more is not always better. Not just how much protein you eat but HOW you eat it. Protein as part of every meal both from animal foods: dairy, eggs, poultry, meat, fish/seafood as well as plants: beans, grains, veggies, nuts/seeds, soy foods. Protein powders are NOT the same as eating foods with protein.

FAT IS ALL THAT

Fat is an important fuel for exercise. Foods such as full fat dairy, nuts and nut butters, seeds, avocado, oils, salad dressings/mayonnaise should be included not excluded

SUPPLEMENT SAVVY: When it comes to supplements, just because you can buy it does not mean you have to try it. Supplements are a complement to NOT a replacement for food

RESPECT DON'T NEGLECT YOUR BODY

Enough sleep

POSITIVE BODY TALK- #YesYouCan

Treat your body right!

Get your sports nutrition info from those that do know. When it comes to nutrition, there is a lot of misinformation which may do more to detract than enhance your sports performance. Working with a sports dietitian can help you strategize, and individualize to realize your goals within your budget, energy needs and culinary ability.