Intake Adequate Fuel
Activity Requires Energy → Food is Fuel for Your Body

<table>
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<th>Training Require Extra Energy &amp; Increases Fueling Needs</th>
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<td>1 hour of intense training can require 500-1000+ calories</td>
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Fuel (Calories) Are Necessary For:
- Body functions (breathing, heart beat, pumping blood & oxygen in the body, digesting, moving, etc…)
- Growth (bones, muscle, fat, etc.)
- Increased Needs with Extra Physical Activity (Exercise and intentional movement)

Foods contain major nutrients that provide energy
- Carbohydrates = 4 calories/gram
- Protein = 4 calories/gram
- Fat = 9 calories/gram

*Each nutrient is digested differently and used at different rates, therefore ALL are important!

Recovery Nutrition for Daily Training
- **Recovery** starts with having fuel in the tank *before the workout* begins!
  - **Pre-Workout Sample Snacks**: bagel, granola bar, cereal, yogurt parfait, fruit (with peanut butter for more calories), smoothie, crackers, ½ sandwich, pretzels, animal crackers, string cheese, veggie sticks, tuna and crackers
  - (Pre-Workout Snack Guide: 100-300 calories, 20-75 grams carbs, low-mod protein, low fat)
- **Recovery during workout**, especially workouts >90 minutes
  - **Example quick energy ideas**: fruit snacks, fruit leather, Gatorade or other sports drink, whole fruit or fruit cups, lower calorie sports bar, dried fruit (be sure to include water for hydration), pretzels, animal crackers
  - (Quick Energy Guide: simple carbohydrates, maybe some protein, very low fat, and fluids)
- Consume **post-workout recovery** snack/meal within 30 minutes after workout
  - **Example post-workout ideas**: chocolate milk, sports shakes, sports bars, trail mix, sandwich, cereal with milk, smoothies, a balanced meal (either within 30 minutes or follow up within 1 hour of recovery snack)
  - (Post-Workout Snack/Meal Guide: Consume carbohydrates and protein in a 3:1 or 4:1 ratio of carbs to protein… Ex. 30g carb and 10g protein or 40g carb and 10g protein)