Mules Sports Nutrition

Intake Adequate Fuel

Activity Requires Energy → Food is Fuel for Your Body

Training Require Extra Energy & Increases Fueling Needs
1 hour of intense training can require 500-1000+ calories

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
- Protien = 4 calories/gram
- Fat = 9 calories/gram

FOOD = CALORIES = ENERGY

*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)