

# PERFORMANCE EATING FOR TRACK AND FIELD

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## 1. DRINK ENOUGH FLUIDS

MINIMUM OUNCES PER DAY = Female (70 oz.) / Male (90 oz)  
ALL FLUIDS COUNT (EXCEPT ALCOHOL!)

You should drink:

- 20 oz 1 hr before exercise
- 14-40 OUNCES Fluid per hour of exercise
- 3 cups of fluid for every pound lost

While working out, you should choose sports drinks over water, and realize that not all energy drinks are created equally!

Focus on:

- Larger gulps over sips
- Swallowing fluids
- Drinking, not pouring fluids over your head
- Not overdrinking (can cause cramps)

## 2. ADD SALT IF NECESSARY

If you are a salt loser (salty sweat or salt residue on clothes) you need to use more!

- Eat salty foods such as pickles, pretzels
- Use salt, Soy or Worcestershire sauce

## 3. EMPHASIZE CARBOHYDRATES ON THE PLATE

CARBS ARE GOOD FOODS!!!!!!!!!!

- 100-400 meter events: 3-4 grams carbohydrate per pound body weight
- 800-1000 meter events: 2-3 grams carbohydrate per pound body weight
- 2/3 of the plate as rice, pasta, potato, bread, cereal, fruit, vegetables
- Carbs are the fuel for your muscles during activity and fuel for the brain during exercise

## 4. EAT ENOUGH PROTEIN FOR MUSCLE GROWTH AND A HEALTHY IMMUNE SYSTEM

- 0.5 x body weight (pounds) is the MINIMUM number of grams of protein a day
- 1 x body weight (pounds) is the MAXIMUM number of grams of protein a day
- 1/3 of the plate as chicken, fish, meat, eggs, cheese, soy foods nuts, seeds, beans
- Body doesn't really care what type of protein as long as you eat enough!
- Body needs carbohydrate and protein to build new muscle
- Too MUCH protein usually means Too LITTLE carbohydrate!

**5. FAT IS AN ESSENTIAL FUEL FOR EXERCISE**

Add some as part of every meal as a spread, peanut butter, salad dressing, or in a food such as cheese, meat, or even a fried food

There is no need to cut fat out of the diet

Limit right BEFORE exercise as they can upset your gut!

**6. TIMING IS EVERYTHING**

Try to eat every 3-4 hours to give your body maximal energy over the day

Eat something within 15 minutes of exercise such as sports drink, cereal bar, or trail mix to help your body recover

Try for 12-15 grams of protein with 35 grams of carbohydrate before resistance training to optimize muscle growth and repair

**Protein sources (g)**

2 TBSP peanut butter- 14  
8 oz yogurt- 10  
12 oz low-fat chocolate milk- 12  
¼ cup nuts- 10 grams  
2 hard cooked eggs- 14 grams

**Carbohydrate sources (g)**

½ of a bagel- 25 grams  
8 oz yogurt- 40 grams carbohydrate  
12 oz low-fat chocolate milk- 30 grams  
1 cup cereal- 30 grams  
2 slices of toast- 30 grams

**7. HANDLING GUT ISSUES**

To prevent upset stomach, diarrhea, heartburn before competition:

**TRY TO LIMIT**

Fatty foods: bacon, sausage, pepperoni, fried chicken, French fries, chips

Caffeine

Chocolate

Spicy foods

Lactose containing foods

Lot of fiber

Fructose in fruits/fruit juices

**LAST SOLID MEAL 3 hours before competition**

**To HELP with diarrhea**

Oatmeal

Bananas

Tea

Rice

Liquids between, not with meals

Include sports drinks to replace what the body loses

**8. FOODS TO INCLUDE RIGHT BEFORE AND DURING MEETS**

Honey sticks	Sports drinks
Jello	Honey packet
Sugar cubes	Crackers
Dry cereal	Gels
Chex mix	Individual gel
Mini pretzels	shots

