



WELLNESS CENTER

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Performance Nutrition

Proper nutrition is important for optimal performance whether it's training for a sport or if it's for your own workout plan. In order to see improving results in your performance you need to fuel your body properly. Getting enough nutrients means getting enough carbs, fat, and protein. Carbohydrates are essential to provide the body with quick energy to complete a workout. Fats provide energy for longer duration, low intensity workouts when carbohydrate stores are depleted and another energy source is needed to sustain the workout. Protein is important for maintaining and increasing muscle mass which also helps maintain and/or increase metabolism. It's also important to drink about half your body weight of fluids in ounces. Include electrolyte beverages like sport drinks if you sweat a lot or are exercising longer than an hour to replenish what you've lost.

Calorie needs for on and off season:

To estimate your daily energy needs, go to <https://www.choosemyplate.gov/resources/MyPlatePlan>. Energy needs vary based on weight, height, age, sex, and activity levels. Energy levels during season will be higher than levels off season. As a general rule of thumb, active women should not eat below 1500 calories per day and active men should not eat below 1800 calories per day.

- **Carbohydrate needs:** Depending on the intensity, duration, and frequency of exercise, in general athletes should consume between 6-10 grams of carbohydrates per kilogram of body weight per day. (A kilogram equals 2.2 pounds.)
 - For example, if an athlete weighs 150 lbs, divide 150 lb by 2.2 lb/kg to get 68.2 kg. Then multiply 68.2 kg by 6-10 g carbs. So in total, the 150 lb athlete would need between 409-682 g of carbs per day.
- **Protein needs:** The current Recommended Daily Allowance (RDA) for protein is 0.8 grams per kilogram per day. However, the Academy for Nutrition and Dietetics and the American College of Sports Medicine recommend that endurance athletes eat between 1.2-1.4 grams of protein per kg of body weight per day and resistance and strengthtrained athletes eat as much as 1.2-1.7 grams protein per kg of body weight. Once again, to calculate how much you weigh in kg divide your weight in lb by 2.2.
- **Fat needs:** Fat consumption should be a minimum of 20 percent of total energy intake to preserve athletic performance.
- **Fluid needs:** Athletes should drink at least 1 oz per kg of body weight of water per day. When exercising for over an hour, athletes should also drink electrolytes in order to properly replenish lost fluids.

Nutrition for pre- and post- exercise:

Exercise Type	Low Intensity/Long duration (running, biking, hiking, swimming)	Moderate Intensity/Moderate duration (pilates, yoga, jogging)	High Intensity/Short duration (weight training, CrossFit, HIIT, circuit training)	Post-Workout Snacks (Within 1 hour after workout)
Pre-workout Snack Type (1-4 hours before)	-Carbohydrate rich foods for initial quick energy access -Fats to sustain the longevity of the workout	- Carbohydrate rich foods for accessible energy during the workout	-Simple carbs to provide a quick energy source during sets -Protein to maintain muscle mass	Pair a carbohydrate rich food with a protein. Carbs help replenish glycogen (carb) stores and proteins aid in muscle building and recovery.
Examples	-Fruits, pasta, grains, granola bars -Peanut butter, cheese, avocado, yogurt, cottage cheese	-Fruit, crackers, granola bars, bagel or toast w/ peanut butter or jelly	-Edamame, protein shake with banana, cup of yogurt with fruit, eggs	-Greek yogurt with granola, nut butter on toast, apple slices with cheese, brown rice and chicken, oatmeal with milk and fruit, handful of nuts with raisins

Questions

If you have any questions or concerns, please call the Wellness Center's Dial-A-Nurse helpline at (773) 508-8883. To make an appointment with the dietitian you can also book online at https://wellness.luc.edu/login_directory.aspx.