

## Recommendations for Sports Food Use

		GUIDELINES FOR CONSUMPTION IN EXERCISE		
SPORT FOOD	CHARACTERISTICS	BEFORE	DURING	AFTER
<b>Sports Drink</b> Gatorade Powerade Hydra Fuel	<ul style="list-style-type: none"> <li>❖ Carbohydrate: 14-17 g per 1 cup (8 oz)</li> <li>❖ Sodium: 110-165 mg per 8 oz</li> <li>❖ Look for carbohydrate combinations of: sucrose, glucose and fructose</li> </ul>	2 cups (16 oz) 1 hr prior to event	~2/3-1/1/4 cups(5-10 oz) every 15-20 minutes during event	3 cups (24 oz) per each 1 lb lost during exercise
<b>High-Carbohydrate Energy Drink</b> Torq Ultra Fuel Carbo-Load CytoMax	<ul style="list-style-type: none"> <li>❖ Carbohydrate: 60 g or more per 8 oz</li> <li>❖ Look for carbohydrates such as: malodextrins</li> <li>❖ Vitamins and minerals: not critical components (10-40% of RDA)</li> </ul>	2 cups (16 oz) 2-5 hr prior to event Typically used as a part of the carbohydrate-loading regime, prior to event	Typically not used during event, however, if used dilute with water	Consume immediately after and at 1-hr intervals to deliver 2 g carbohydrate/ lb body weight
<b>Sports Bar</b> Power Bar Clif Bar Tiger Sport Gatorade Energy Bar Edge Bar VO <sub>2</sub> Max Energy Bar EnerGia	<ul style="list-style-type: none"> <li>❖ Carbohydrate: 2/3<sup>rd</sup> of total calories</li> <li>❖ Protein: 4-11 grams</li> <li>❖ Fat: low (1-2 g/ bar) or less</li> <li>❖ Vitamins and minerals: not critical components (10-40% of RDA)</li> </ul>	One bar 2 hr prior to event	Usually not advised except for those desiring solid food during long-duration events (ultra-endurance events)	One to two bars immediately after exercise and with daily meals as desired*
<b>Sports Shake</b> Exceed Gator Pro Nutrament	<ul style="list-style-type: none"> <li>❖ Carbohydrate: ≥ 18 g per 8 oz</li> <li>❖ Fat: 5-10 grams</li> <li>❖ Protein : 8-20 grams</li> <li>❖ Vitamins and minerals: optional at low levels (10-40% of RDA)</li> </ul>	2 cups (16 oz.) 5 hr prior to exercise or 1 cup (8 oz) 2 hr prior to event	Not recommended	Immediately after exercise to deliver 2 g carbohydrate/ lb body weight and as a supplement to meals*
<b>High Protein Sports Bar</b> PR Bar Pure Protein Power Bar Protein Plus Met-Rx	<ul style="list-style-type: none"> <li>❖ Carbohydrates: varies 9-50 grams, however, never &gt;2/3<sup>rd</sup>s of calories</li> <li>❖ Protein: 16-34 grams</li> <li>❖ Fat: 2-8 grams</li> <li>❖ Vitamins and minerals: not a critical component</li> </ul>	Could be used 4-5 hr prior to an event (1 bar).	Not usually recommended, unless during long duration events ( ultra-endurance events)	Can be consumed immediately after an event, although CHO and fluid replacement is priority*
<b>Protein Sports Bar</b> Source One Max Bar Ironman Clif Luna Bar Balance Bar	<ul style="list-style-type: none"> <li>❖ Carbohydrate: 21-39 grams</li> <li>❖ Protein: 10-15 grams</li> <li>❖ Fat: 2-5 grams</li> </ul>	Could be used 1-2 hr before an event (1 bar).	Not recommended	Not usually necessary immediately after, however, can be used as snacks throughout the day as desired*
<b>Energy Gel</b> Goo PowerGel Clif Shot	<ul style="list-style-type: none"> <li>❖ Carbohydrate: &gt; 50 g per 3 oz or &gt; 15 g/oz</li> <li>❖ Vitamins and minerals: trace or absent</li> <li>❖ Avoid with herbs</li> </ul>	1 packet prior to race consume adequate fluid to promote absorption (1.4 oz gel packet) with 2 cups (16 oz) fluid	If overall fluid intake is adequate (5-10 oz fluid every 10-15 minutes), gel should provide 30-60g carbohydrate per hr (1-2 packets/hr)	Immediately after and at 1-hr intervals to deliver 2 g carbohydrate/ lb body weight

\*Although food is preferred source of energy and nutrients, these products can occasionally serve as a meal or snack replacement.

Adapted from *GSSI Sport Science Exchange #32* Hand-out Provided by: Page Love, MS, RD and Melissa Mullinix, RD