

Food Ideas For Fueling



PRE-RIDE

Nutrient-rich carbohydrates should be consumed to maximize energy stores to be released as during the ride. Avoid sugar alcohols & high fat/fiber foods within 60 min prior to exercise to prevent gastrointestinal discomfort.

Focus on hydration.

Short Rides – AM

Aim for quick digesting carbs 30-60 minutes prior to exercise

Sports Nutrition Products

- Sport Beans
- Shot Blocks
- GU / Gels

Electrolyte Drinks

Fresh or Dried Fruit

Toast + PB

½ Clif or LUNA Bar

Short Rides – PM

Aim for small snack 2-3 hours prior to exercising

1 Carbohydrate Servings

- Fresh or Dried Fruit
- Crackers/Bread
- Hot/Cold Cereal
- Grains: Quinoa, Barley
- Whole Wheat Pasta

Pick 1 Protein

- Turkey Burger Patty
- Veggie Burger Patty
- Milk/Yogurt
- Beans/Tofu
- Grilled Chicken/Salmon

Long Rides

Aim for breakfast 1-2 hours prior to exercise

2 Carbohydrate Servings

- Banana
- Crackers/Bread
- Hot / Cold Cereal
- Brown Rice/Quinoa
- Whole Wheat Pasta

+

Pick 1 Protein

- Peanut Butter
- String Cheese
- Hard Boiled Egg
- Greek Yogurt
- Milk/Protein Shake
- Beans/Tofu
- Lean Meat/Fish

MID-RIDE

Re-fueling with carbohydrates during your ride is important when ride is longer than 1 hour. Hydration & electrolyte replacement is also important to replenish lost sweat.

For Eating on the Bike:

- Hammer Nutrition Gel - 19-23g carbs
- Clif Shot Blocks – 24g Carbs (3 pieces)
- Powergels – 27g Carbs
- Clif Bars – 43-45g Carbs/Bar

Electrolyte Replacement Drinks:

- EFS Powder - 24g carb/scoop
- Carbopro Powder - 25g carb/scoop
- Nuun – 0g carbs, +electrolytes
- HEED Hammer – 27g carb/scoop

If stopping for food along the ride: Simple carbohydrates + some protein

Pancakes/Waffles/Toast + Eggs

Cereal/Milk

½ Sandwich (2oz Meat/Cheese)

Pretzels & String Cheese/Hard Boiled Egg

Oatmeal

Fruit + Peanut Butter

Pineapple + Cottage Cheese

Rice + Beans

Grains + Vegetables

Pasta Salad

Crackers + Cheese or PB

Pita/Carrots + Hummus

POST-RIDE

Consumption of milk-based proteins has been shown to increase muscle strength than other forms-specifically whole milk. Lean meats & protein supplements have also been shown to improve muscle strength. Re-hydration is key.

Ideas:

Milk + Fruit Smoothie: adding protein powder optional

- Idea: 1 banana + ¾ c (6 oz) vanilla yogurt + 1 Tbsp honey + ½ tsp fresh grated ginger
- Idea: 1 orange + ¼ c plain yogurt + 2 Tbsp frozen OJ concentrate + ¼ tsp vanilla extract + ice cubes

High Fiber Cereal + Milk

Grilled Chicken Sandwich

Greek Yogurt + Fruit

Chocolate Milk

Tofu & Bean Salad

Egg, Veggies + Cheese Omelet

Tuna Fish + Crackers

Bagel + Scrambled Eggs

Peanut Butter / Raisins + Rice Cakes

Apples + Cheddar Cubes

Pita + Hummus & Veggies

Fish + Grilled Vegetables

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Fueling Your Workout



PRE-RIDE

Timing, amount and type of carbohydrate food should be personalized based on type of event/distance/speed specifics.

Pre-ride fuel should focus on quick digesting carbohydrates, quantity based on length of workout:

<30 Minute Workout:

no pre-workout food necessary

30-60 Minute Workout:

small snack, ~75-100 calories

60+ Minute Workout:

medium sized snack/meal ~150-200 calories, 2-3 hours prior

90+ Minute Workout

larger snack/meal ~200-300 calories, 2-3 hours prior

Hydration:

13-20oz water 2-3hrs before exercise, 5-10oz 30 min before

MID-RIDE

Re-fueling with carbohydrates during your ride is important when riding for more than 1 hour. Hydration is key.

Re-Fueling during the ride should include hydration & nutrition:

<60 Minute Workout:

no mid-workout fuel is necessary, water for hydration

>60-90 Minutes:

refuel with carbohydrates @ 30-60g/hour

*Mouth contact with carbohydrates (ie rinsing) has been shown to stimulate brain & nervous system to improve workout outputs

Hydration:

30-60 minutes: water only necessary

>60 minutes: drinks with carbohydrates + electrolytes

POST-RIDE

Recovery nutrition is very important for muscle repair / energy store replenishment. Early intake of carbohydrates and protein is useful. Re-hydration is key

Rehydration & post-workout meal of ~200-300 calories is recommended at 0-2 hours after exercise, and should include protein and carbohydrates. Aim to begin the recovery process in the first 30 minutes post-exercise with a small carbohydrate and protein snack.

30-60 Minute Workout

smaller snack, around 200 calories

>60 Minute Workout

medium snack, 300+ calories

>90 Minute Workout

aim for about 25-35g protein and 70g carbohydrates

Re-Hydration:

Based on lost sweat amount, rehydrate with water + sodium