Ride to the Next Level: Sports Nutrition

Reyna Franco, MS, RDN, CSSD
Nutrition and Exercise Consultant

Agenda

- Base training
- Pre-ride nutrition
- During ride nutrition
- Post-ride nutrition

Balanced Nutrition

- Eating healthfully to meet your goals
  - Weight loss
  - Weight maintenance
  - Weight gain
  - Improve athletic performance and endurance
  - Improve energy
  - Improve clinical issues

Sports Nutrition

You start with a healthy base

Special Diets

- Ketosis (High Fat energy sparing)

- Don’t experiment now.
- You need to start them during the off-season, not during SIG or racing season.

Nutrition for Cyclists

We all have different nutrition needs based on:

- Type of cycling
  - ✓Distance
  - ✓Speed
  - ✓Time
  - ✓Effort/Intensity
- Body size (100 lbs versus 180 lbs)
- Weight goals
- Age, Pregnancy, Medical concerns

Nutrition for Cyclists

- Food is fuel
- Carbohydrates --- glycogen
- Best sources - grain products (preferably whole grains) such as bread, rice, cereal and pasta, as well as fruits, vegetables and low fat dairy foods.

Whole Grains

- Millet
- Barley
- Brown rice
- Spelt
- Oats
- Amaranth
- Quinoa
- Teff
- Rye

Why?

- Carbohydrates=energy
- B vitamins
- Iron
- Magnesium
- Selenium
- Fiber

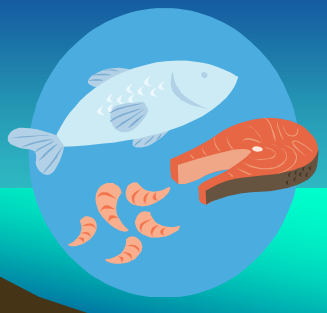
Eat a rainbow of fruits & vegetables

Why?

- They contain carbohydrates, vitamins, minerals, antioxidants and fiber needed for energy and health

Protein

- Muscle growth and repair
- An endurance athlete's protein needs may be twice that of a sedentary person
- Quality Protein Foods: Lean meat, poultry, fish, eggs, dairy, tofu, nuts, seeds, legumes & beans



Fat

- Less than 10% of total fat should be from saturated fat and trans fat.
- Food labels indicate grams of fat and percentage of calories from fat per serving. Choose foods with less than 30% of calories from fat.
- Enjoy foods high in mono and polyunsaturated fats.
- Exercise does not completely eliminate the health dangers associated with eating a high-fat diet such as increased risk of heart disease, stroke and certain cancers.

Healthy Fats for Heart & Brain Health

- Olive oil
- Sunflower oil
- Nuts
- Seeds including flaxseed and chia seeds
- Fatty fish
- Avocado

Calcium containing foods

Why? For bone, muscle, nerve and heart health

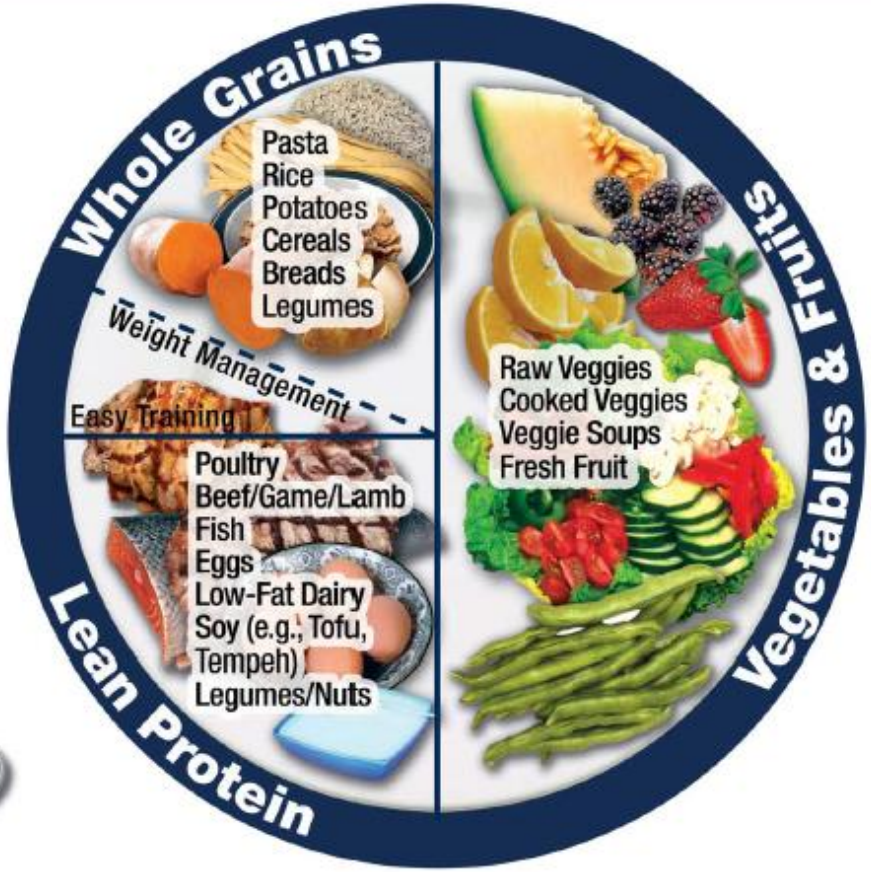
- Dairy Products
- Calcium fortified foods (cereal, juice, etc.)
- Dark leafy greens
- Almonds
- Broccoli
- Okra
- Canned fish with bones

EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon

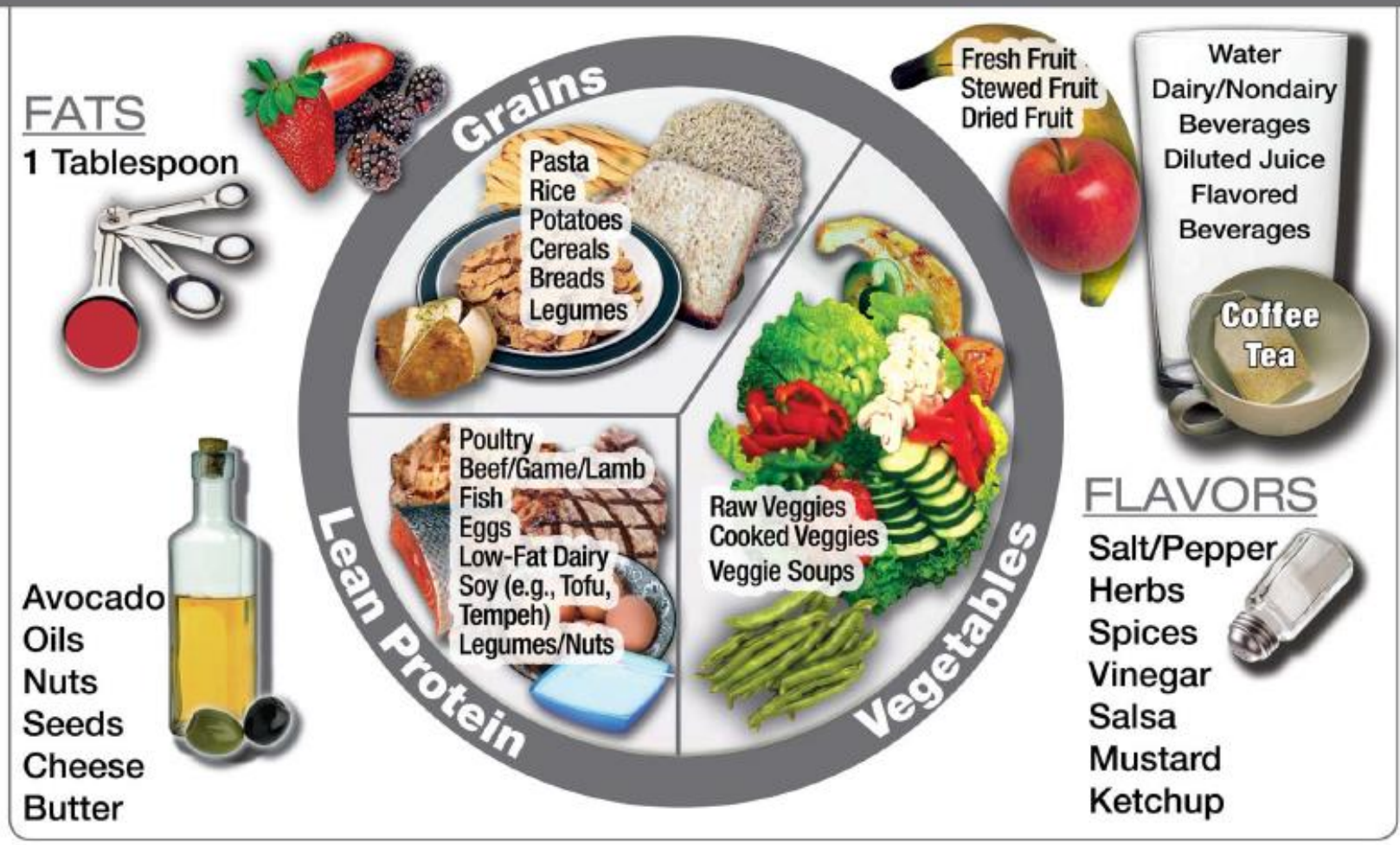
Avocado
Oils
Nuts
Seeds
Cheese
Butter



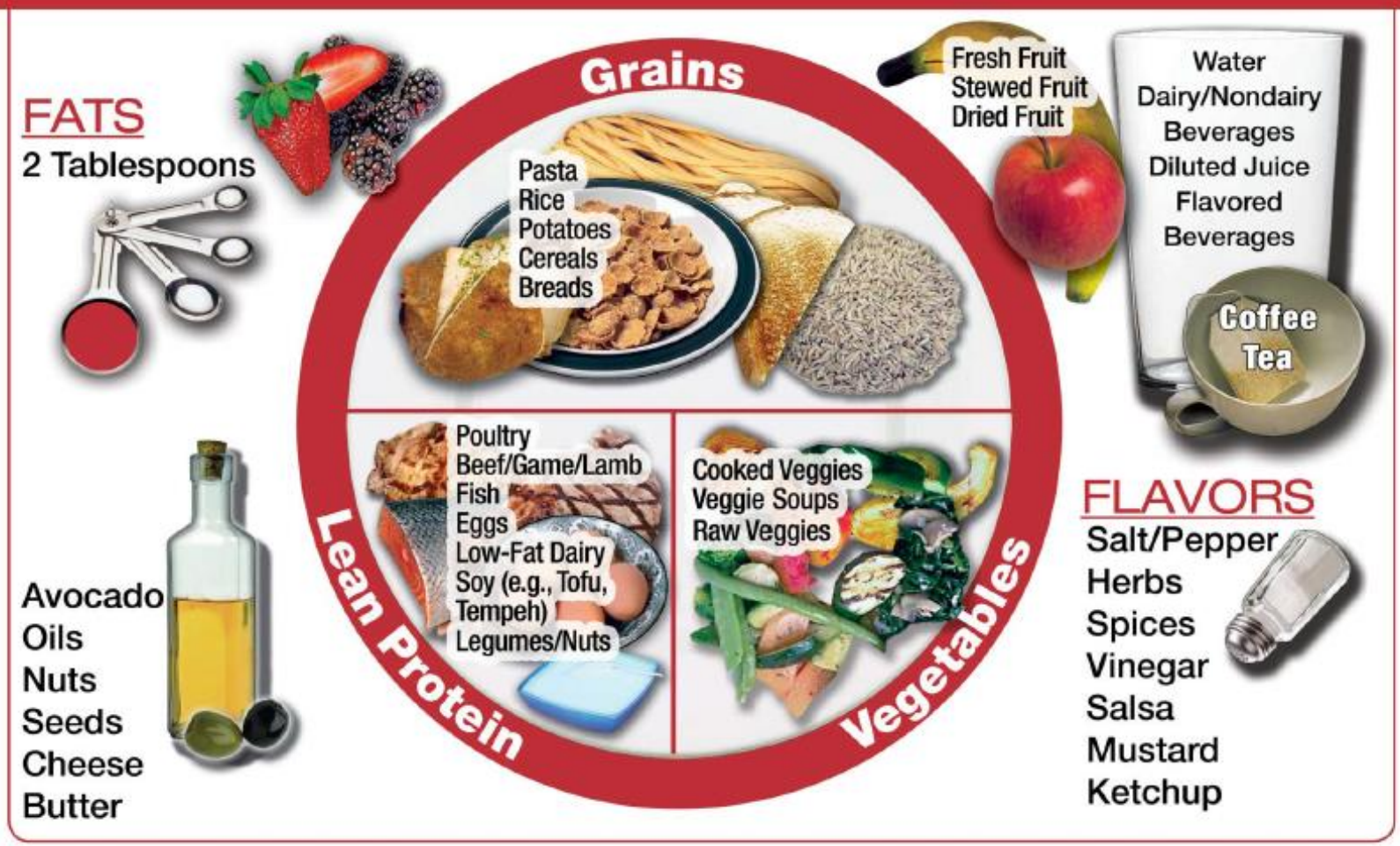
FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

MODERATE TRAINING:



HARD TRAINING / RACE DAY:



Fueling for a day on the road

- ***When*** you eat is often a matter of practicality and scheduling.

- 2 distinct time periods for the pre-ride fueling:
  - ❖30-60 minutes before – usually training rides
  - ❖2-3 hours before – late day training or long rides

2 to 3 hours before cycling

Eat carbohydrates plus a protein

Suggestions include

- ✓ A sandwich with your favorite protein filling
- ✓ Pasta, rice, quinoa, amaranth with beans
- ✓ Cooked or dry cereal with lowfat milk
- ✓ Yogurt with fruit and granola
- ✓ Pancakes and 1-2 eggs
- ✓ Whatever you can stomach for exercise

30 – 60 minutes before cycling

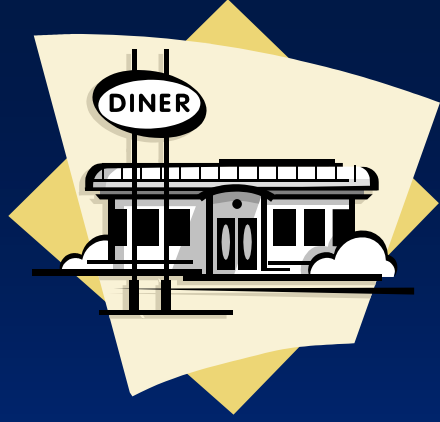
- Consume carbohydrates for energy.
- How much and what you can eat will differ for each person.
- Experiment (but not on race or event day!)

During the Ride

If you are exercising for more than 90 minutes, carbohydrates will improve your endurance and performance.

- Carbohydrate replacement drinks
- Water plus bars, gu's, gels, real food

Diner stops



- Consume easily digestible foods!
- Fat takes longer to digest and may cause indigestion or nausea.
- Some protein is ok.
- Carbohydrate choices include pancakes, bagels, cold cereal, oatmeal, fruit.

Hydration

- Begin exercise well hydrated – drink throughout the day and within 30-60 minutes before the exercise session
  - Monitoring urine color can help identify hydration status – clear to pale yellow urine is desirable

- Exercise < 60 minutes – water
- Exercise > 60 minutes – drink containing carbohydrates & electrolytes

Why use a hydration drink?

- ✓ Delay fatigue
- ✓ May enhance performance
- ✓ Improve palatability
- ✓ Promote fluid retention
- ✓ Possibly prevent hyponatremia in individuals who drink excessive quantities of fluid.
- ✓ Studies recommend that the percentage of carbohydrate in the drink is 4%-8%.
- ✓ Although exact ratio is disputed, a combination of carbohydrate and protein contributes to an improvement in endurance.

More on hydration

- What should you drink? **Experiment**
- How much should you drink?
  Determine your hourly **sweat rate**.

Calculating Sweat Rate

- Weigh yourself before and after a one hour work-out.
- For each pound of weight you lose, your fluid shortfall is about 16 ounces (2 cups).
  - For example, if you lose one pound, you have sweated away 16 ounces (1 lb x 16 oz) more of fluid than you have consumed.
- Add in the amount of fluid consumed during the work-out.
  - If you drank 16 ounces, then your hourly sweat-rate is 32 ounces (16 ounces of fluid + 16 ounces of sweat). This means you should consume 8 ounces of fluid every 15 minutes.

Ride to Recovery

- This is important if you are doing 2 exercise events in one day or racing back to back days.
- Recovery of muscle tissues and replenishment of energy stores
- Enjoy a carbohydrate plus protein with the first 30 minutes after exercise and at 2 hr intervals

Post-Ride eating ideas

How much you eat depends on your weight

- Sandwich with whole wheat bread and protein.
- Rice bowl with beans, cheese, avocado & veggies.
- Yogurt, fruit and chia seeds.

If you don't have much of an appetite, liquid foods can help with recovery goals:

- A specially developed recovery drink.
- Blend a drink of low-fat milk, plain yogurt & fruit.
- Chocolate milk

Summary

- Eat healthfully every day for optimal performance
- Fuel with carbs before and during your ride
- Recover with carbs+protein after your ride
- Hydrate with water or a carbohydrate/electrolyte drink
- Have fun!!!

Thank you!

Reyna Franco, MS, RDN, CSSD

Nutrition and Exercise Consulting

www.reynafranco.com

reyna@reynafranco.com

212-580-5695