

Nutrition Tips: Female Endurance Athlete

Don't Forget About The Basics!

- Carbohydrate = Fuel! If you do not get enough carbohydrate, your performance will suffer!**
 - ❑ You need to eat at least 2g of carbohydrate per pound of body weight. So, if you weigh 135 pounds, you need to eat at least 270g of carbohydrate every day to maintain your energy stores!
 - ❑ Carbohydrates are found in breads, cereals, grains, fruits, and vegetables. When choosing carbs at your meals, try to choose carbs that are minimally processed and have at least 3g of fiber per serving. Don't know how much fiber is in your foods? Just check out the label.
- YOU NEED PROTEIN! Not getting enough protein leads to muscle breakdown and decreased immunity.**
 - ❑ Make sure you try to get about 1g of protein per pound of body weight. So, if you weigh 135 pounds, you need about 135g of protein per day!
 - ❑ The best protein sources are: eggs, chicken, turkey, roast beef, lean red meats, and non-fat dairy products!
 - ❑ Make sure you have protein at all of your meals.
- HYDRATE! Losing just 2% of your body weight to fluid loss can decrease your performance.**
 - ❑ Make sure to drink at least half your body weight in water each day! So, if you are 135 pounds, you need to drink between 65 and 135 oz per day!
 - ❑ While training, make sure to drink before, during and after.
 - ❑ If your sessions are over 60 minutes or in extreme environments, consume a carbohydrate/electrolyte drink instead.
- RE-FUEL AFTER PRACTICE! You MUST get a combo of carbs and protein immediately after your practice!**
 - ❑ An easy way to do this is with an EAS bar or shake! The longer you wait to get your post-workout nutrition, the less efficient your recovery becomes.
 - ❑ How well you feel tomorrow is based on your recovery today, so, don't wait to get that post-workout combo of protein and carbs! Use this equation to find your specific needs:

$$\text{Body weight} / 2.2 * 0.4 = \text{g of protein needed}$$

$$\text{Body weight} / 2.2 * 0.8 = \text{g Carbs needed}$$

EVENT SPECIFIC RECOMMENDATIONS

- Top off your fuel stores-** begin 7 days before the race.
Decrease training and increase carbohydrate intake.
 - Make sure you get about 2.5g of carbohydrate per pound of body weight from 7 days before to 4 days before race.
 - Consume 4.5g of carbohydrate per pound body weight from 3 days before to 1 day before race.
2. Do not try anything new the day of the race!
3. Your biggest meal should be about 3 hours before the race.
Try to get about 1.5-2.5g of carbohydrate that you find are easily digested with a little bit of lean protein.
- 4. HYDRATION before the race:**
 - Drink ~2 cups (16oz) of fluid 2 hours before the race.
 - Drink ~1 cup (8oz) of sport drink 10 to 20 minutes before the race.
- 5. HYDRATION during the race:**
 - Consume a beverage, goo, or bar that provides both electrolytes and 30-60 g of carbohydrate (120-240 kcal) per hour to prevent fuel depletion.
 - Drink ~1 cup of fluid every 15-20 minutes.
- 6. HYDRATION and RECOVERY after the race:**
 - Drink ~2-3 cups of fluid for every pound of body weight lost.
 - Get a combo of carbs and protein as soon as you can after the repair and recover the muscle.

Use this equation to find your specific needs:

$$\text{Body weight} / 2.2 * 0.4 = \text{g of protein needed}$$

$$\text{Body weight} / 2.2 * 0.8 = \text{g Carbs needed}$$

SPECIAL CONSIDERATIONS

- 1. CONSUME ADEQUATE CALORIES!** So many female athletes do not consume enough calories to achieve a lower body fat %. If you are under fueled, you will have a decrease in performance.
- 2. Be Aware of the Female Athlete Triad --**
 - Disordered Eating (to little calories) leads to:
 - Amenorrhea (loss of period) leads to:
 - Decreased bone density (weak bones) leads to:
 - Increase in stress fractures and early onset osteoporosis
- 3. Calcium: Protect your bones!**
 - ❑ Consume a minimum 1000mg per day to decrease stress fracture risk.
 - ❑ If you don't get 3 servings of dairy daily, take a supplement.
- 4. Iron(Fe): Keep your energy up!**
 - ❑ Consume 18g per day to avoid weakness, fatigue, and decreased physical performance.
 - ❑ Eat foods high in Vit. C (oranges, green peppers, strawberries) with your iron-containing foods to aid absorption.
- 5. Vegetarian Female Athletes:** make sure to consume enough kcals and make a special effort to include iron and protein in the diet.
- 6. Do not be fat phobic!** Those who consume less than 20% of their total calories from fat may develop vitamin and mineral deficiencies and may not be able to meet their energy needs. Be sure to include fat in the form of nuts, seeds, olive oil, nut butters, and fatty fish like salmon in the daily diet.