

The Refueling System

Nutrition and Exercise for Peak Performance



Practice **THE R⁵ RE-FUELING SYSTEM** when choosing snacks or meals:

- * to help your muscles recover faster and
- * to stock up on all that muscle energy that has been used up in your training session and/or competition.

WHAT SHOULD I EAT?

- 🍏 Re-energize (your muscles) with carbohydrate-rich foods such as breads and cereals for maximum energy.
- 🍏 Re-vitalize (your muscles) with antioxidant vitamins and minerals found in brightly colored vegetables and fruits.
- 🍏 Re-build (your bones and muscles) with protein and other essential nutrients found in low fat milk products, meats and alternatives.
- 🍏 Re-oxygenate (your muscles) with iron and protein found in meats, leafy green vegetables, fortified grains and cereals.
- 🍏 Re-hydrate (your body) with water and other fluids before, during and after physical activity sessions.

WHEN SHOULD I EAT?

Eat and/or drink within the first 15-30 minutes after a training session or competition and then eat a meal within 3-4 hours (see back for suggestions).

FOLLOW THESE RE-FUELING TIPS WHEN YOU CHOOSE POST-WORKOUT SNACKS AND MEALS!

- 🍏 consume 1 gram of carbohydrate/kg of body weight
- 🍏 a 50 kg person would need 50 grams (200 kcal of carbohydrate rich foods)
- 🍏 consume more if the intensity of the training session is above lactate threshold for more than 45 minutes
- 🍏 consume more if the duration of the training session is longer than 2 hours
- 🍏 choose carbohydrate rich foods that contain small amounts of protein as well (see the combinations on the other side of this page)

THE INSIDE TRACK

Putting the R⁵ RE-FUELING SYSTEM Into Practice

Q. What can I eat before, during or after my training sessions to keep me energized without filling me up too much?

A. Try these yummy snacks!

- ✓ Celery sticks with peanut butter



A bagel with cheese and carrot sticks

- ✓ Yogurt mixed with plain cereal (Stir in 1 Tbsp. crushed nuts for an energy boost).
- ✓ Vegetable sticks with cottage cheese
- ✓ 1 baggy with equal amounts of unsalted pretzels, dried dates and raisins, banana chips and your favorite unsweetened cereal (Add 1 Tbsp of nuts or seeds for extra energy!).
- ✓ A banana and a small muffin (with cheese if your energy needs a greater).



Whole wheat pita wedges - stuffed with hummus - and fresh pepper sticks.

- ✓ 1 carton of milk (have it **chocolaty** sometimes!).
- ✓ Homemade yummy peanut butter high-energy bar*

Pre-pack these snacks in small quantities depending upon your needs. Use them throughout your practice session to keep you energized and/or choose them after practice to RE-FUEL your body!

Try these **DELICIOUS RECIPES** at home!

***Homemade yummy peanut butter high-energy bars**

Ingredients

½ cup margarine
1 cup natural peanut butter
2 cups carob or chocolate chips
½ cup sesame seeds
1 cup wheat germ
1 cup coconut
1 cup chopped nuts
½ cup shelled sunflower seeds
1 cup raisins or dates

Makes 24 2-inch bars

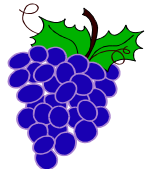
Directions

Over medium heat in a large pan, melt the margarine, peanut butter and carob/chocolate chips. Mix well and pour over sesame seeds, wheat germ, coconut, chopped nuts, sunflower seeds and raisins or dates. Mix well. Pour in greased 9x13-inch pan and press evenly. Refrigerate before cutting into squares.

BANANA-BERRY POST WORKOUT ENERGIZER SHAKE

Ingredients

1 banana
1 cup fresh or frozen berries (or a combo)
1 cup lowfat milk or vanilla soy milk
3/4 cup lowfat yogurt



Directions:

Put all ingredients in a blender, cover and blend until smooth. If the shake is too thick, add extra milk.

SERVES 2 large appetites or 4 small appetites

TIP: Frozen sliced bananas will make this shake even creamier!