



# Sports Nutrition for Peak Performance & Health

## **What is SNAPP? Spartan Nutrition and Performance Program**

SNAPP provides evidence-based sports performance & nutrition services for youth, and recreational, and elite athletes of all ages. We aim to improve the performance and health of athletes and active individuals as part of an integrated sports medicine and science program at MSU. SNAPP has been the official Sports Nutrition provider of Spartan Athletes since 2005! Our services include testing and assessment, sports performance enhancement, nutrition services, mental skills training, and community outreach and education.

## **What is Sports Nutrition?**

Sports nutrition is all about putting the right foods in your body, in the right amounts, and at the right time to achieve your best performance and health possible!

Practicing good nutrition and hydration habits will make sure that your body is properly fueled and will give you ***more energy to train and compete***, help you ***recover faster from training and games***, and will help you ***improve your body composition***.

### **Eat throughout the day**

- Eat breakfast within 1 hour of waking
- Eat every 3-4 hours
- Maintain hydration

### **Eat a meal 3-5 hours prior to performing**

### **Eat a snack 45-60 minutes prior to performing (\*Power Hour- Pre)**

### **Following training and competition eat a large snack or meal within 1 hour after training and rehydrate (\*Power Hour-Post)**

### **Timing Of Intake**

#### **Morning**

-Breakfast

#### **Mid Morning**

-Snack

#### **Noon**

-Lunch

#### **Afternoon**

-Power Hour Pre-Training

-Power Hour Post-Training

#### **Evening**

-Dinner/Snack



## **Fuel Your Body With:**

### **PROTEIN**

- Lean Meats
- Eggs, Low-Fat
- Dairy or Dairy Alternatives
- Beans/Legumes
- Nuts/Seeds, Nut Butters



**Carbohydrates** are stored in our muscles as **glycogen** & is the **primary** fuel used during workouts & games. Once glycogen is depleted you will “tank” & feel weak, lose mental focus. **CAUTION!** Without enough carbs you will break down muscle for energy.

**Protein** promotes muscle repair & growth, & keeps your immune system strong.

**Fats** can help with energy balance. Choose **healthy unsaturated (non-solid) fats** which provide important nutrients and can help reduce inflammation.

### **CARBOHYDRATES**

Whole Grains, pasta, cereals, Fruits, 100% juices, Vegetables  
Low-Fat milk



### **FATS & OILS**

Extra Virgin Olive/Canola Nuts/Seeds  
Nut Butters  
Avocados,





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## Eat small snack 45-60 minutes before you perform!\* **Pre Power Hour**

This ensures your body has enough fuel to get through the workout. If your carb storage tanks (glycogen) are empty your performance will suffer and your body will feed on (breakdown) your muscle for energy. This is the *opposite* of what we want when training for a championship!



- Crunchy granola bar + 1 cup Low-Fat Yogurt
  - (38g Carbs, 16g Protein, 2g Fat, 232 Calories)
- 1/2 PB&J + 1 cup Low-Fat Milk
  - (35g Carbs, 14g Protein, 10 g Fat, 270 Calories)



## Eat within 60 minutes after you perform! **\*Post Power Hour**

Your muscles are like dry sponges after a workout ready to super-absorb the carbs proteins and nutrients it needs to fully recover and repair. During recovery is where you make your gains in size and strength!



- 2 cups Low-Fat Chocolate Milk + Banana
  - (67g Carbs, 16g Protein, 5g Fat, 385 Calories)
- Turkey Sandwich on Wheat Bagel
  - (73g Carbs, 30g Protein, 6g Fat, 460 Calories)



**Eating Carbs & Protein within 60 minutes of a workout will help your *ANABOLIC (building) state & recovery***

### Take home message

If you do not eat enough, or wait longer than an hour, your anabolic (building) potential and recovery will suffer! **\*Combine Carbs + Protein for your Pre & Post activity Power Hour!\***

## HYDRATION BASICS



**Be hydrated for workouts and games. Drink before, during & after**

**Your urine color should be clear to pale yellow**

*-If your urine is dark yellow you're dehydrated*

**Don't let yourself get thirsty!**

*-By the time you are thirsty you are 1% Dehydrated*

**Beware of Energy Drinks!**

### **CAUTION!**

**Dehydration can make you "tank" early decreasing your performance speed, agility, power, quickness & mental focus!**

**@MSUSNAPP**



To learn more about SNAPP or to schedule a team presentation or individual consult contact 517-884-6132 and visit SNAPP.msu.edu.