### FUELING DURING EXERCISE

- Stay well-fueled during workouts with the right mix and timing of **carbohydrates, fluids and electrolytes** to replace what’s lost during exercise.

- Take small, frequent bites during exercise and always with fluids.

- Experiment with new foods and drinks during training to find what works best for competition.

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#### EXERCISE TIME

<table>
<thead>
<tr>
<th>BRIEF EXERCISE</th>
<th>SUSTAINED HIGH-ENERGY EXERCISE</th>
<th>ENDURANCE EXERCISE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>&lt;45 MINUTES</strong></td>
<td><strong>45-75 MINUTES</strong></td>
<td><strong>1-2.5 HOURS</strong></td>
</tr>
</tbody>
</table>
| - Batting practice  
- Shoot around (basketball)  
- Lifting | - Cross country workout  
- Stop-and-start sports (soccer, football, field hockey) | - Long distance cross country race  
- Stop-and-start sports (soccer, football, field hockey)  
- Rowing workouts |
| Focus on water for hydration | Small amounts of carbs throughout activity (i.e., 2-3 gulps of sports fluid or 1/2 serving of applesauce every 15-20 min.) | 30-60 g carbs/hour (i.e., 1-2 handfuls of raisins or 1-2 med banana) |

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*For advice on customizing a nutrition plan, consult a sports dietitian.*