

# 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.



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



EXERCISE TIME



TYPE OF EXERCISE



HOW TO FUEL

## BRIEF EXERCISE

**<45**  
MINUTES

- Batting practice
- Shoot around (basketball)
- Lifting

Focus on water for hydration



## SUSTAINED HIGH-ENERGY EXERCISE

**45-75**  
MINUTES

- Cross country workout
- Stop-and-start sports (soccer, football, field hockey)

Small amounts of carbs throughout activity (i.e., 2-3 gulps of sports fluid or 1/2 serving of applesauce every 15-20 min.)



## ENDURANCE EXERCISE

**1-2.5**  
HOURS

- Long distance cross country race
- Stop-and-start sports (soccer, football, field hockey)
- Rowing workouts

30-60 g carbs/hour (i.e., 1-2 handfuls of raisins or 1-2 med banana)

