



# PERFORMANCE NUTRITION

## PRE AND DURING EVENT FUELING

TRAIN LIKE YOU FIGHT



### NUTRIENT TIMING

Properly planned and executed, good eating practices in the field maintain and enhance operational performance and contribute significantly to mission accomplishment. Nutrient timing includes fueling before, during, and after physical activity. Solid strategies can prevent energy deficits and aid in recovery if done correctly.

#### BEFORE EXERCISE

A pre-exercise meal or snack can provide the fuel your body needs to optimize your workout.

The amount and timing of your meal or snack depend on the type, intensity, and duration of your exercise.

Exercise <60 min = 30-60 minutes before your workout, eat a carbohydrate-rich snack with ~30-45g of carbs.

Exercise >60 min: Eat 0.5-1.8g of carbs per pound of body weight 1-4 hours before exercise.

**Minimize foods high in fat, fiber, and protein at least 1 hour before training**



Sports Drink



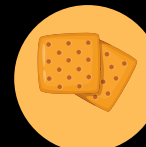
Granola Bar



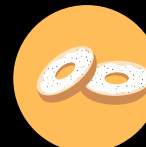
Fruit



PB and J



Graham Crackers



Bagel

#### DURING EXERCISE

Eating small amounts of carbs regularly during exercise that lasts more than an hour can improve performance.

Exercise >60 min. = consume 30-60g of carbohydrates from foods or fluids every hour of exercise.

Exercise >2.5 hours = you might need to consume up to 90g of carbs per hour, depending on the intensity of exercise.

**Never test new foods during a mission or competition.**



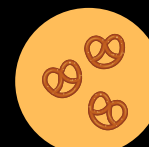
Energy Gel



Apple Sauce



Gummy Bears



Pretzels



High Carb Drink



Dried Fruit