

How to Correct Common Nutritional Mistakes

Common mistakes	Effect on performance	How to correct
<p>Underfueling and poor hydration before exercise</p> <p>Because athletes do not want to feel full during physical activity, they may not eat enough before practice or competition. This may compromise blood sugar.</p>	<ul style="list-style-type: none"> • Inadequate energy to optimize glycogen stores and blood sugar, lowering physical activity and mental acuity. • Athletes are at increased risk for performance errors and injury and poor high-intensity endurance. 	<ul style="list-style-type: none"> • Consume easy-to-digest, low-fat foods that have a combination of carbs and protein. • Stop eating solid foods about 90 minutes prior to activity. • Sip a sports beverage during the 90 minutes before activity.
<p>No postactivity recovery</p> <p>Failure to consume protein, carbohydrate, and fluids immediately postexercise diminishes the potential benefits of the exercise and compromises performance on subsequent days of exercise.</p>	<ul style="list-style-type: none"> • Failure to provide sufficient well-formulated fluids postexercise compromises muscle recovery and glycogen storage. • Poor glycogen storage will compromise subsequent same-day or following-day performance. 	<ul style="list-style-type: none"> • Have a good-quality beverage available that contains about 100 kcal of whey protein isolate, carbohydrate, and electrolytes. • The beverage should be consumed as soon as possible postexercise (ideally within the first 15 minutes). • Small amounts of low-fat foods should be consumed every 1 to 2 hours for the first 4 hours following exercise, followed by a return to a normal food pattern.
<p>Dehydration</p> <p>Many players arrive at training or competition in a dehydrated state, often due to poor planning or fear that consumption of a sports beverage will “make them fat.”</p>	<ul style="list-style-type: none"> • Poor concentration • Reduced skills • Early fatigue • High perceived exertion in training and competition • Poor muscle recovery • High risk of muscle cramp or injury 	<ul style="list-style-type: none"> • Practice drinking a sports beverage to improve tolerance. • Learn to drink in frequencies that help to <i>avoid</i> thirst. • Learn to drink enough before, during, and after exercise to maintain clear urine and diminish weight loss during physical activity to <2%.
<p>Pre- and postexercise snacks</p> <ul style="list-style-type: none"> • Low-fiber cereal with skim milk, soy milk, or almond milk • Banana, orange, or apple with 1 tbsp peanut butter • Greek yogurt with fresh fruit • Fruit and protein (whey) smoothie • Protein bar <p>During-exercise snacks</p> <ul style="list-style-type: none"> • Sports beverage 		<p>Halftime/break-time snacks (consume with water or sports beverage)</p> <ul style="list-style-type: none"> • Banana • Yogurt-covered raisins • Dried fruit (raisins, cranberries, bananas, apples, etc.) • Applesauce • Low-fiber/high-carb/low-fat/low- to moderate-protein sports bars

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Hydration tips		
<ul style="list-style-type: none"> • Drink sufficient fluid to sustain clear urine in addition to that consumed immediately before, during, and immediately after practice. Water, diluted fruit juice, tea, coffee, sports beverages, and milk all count as fluids, but sports beverages should be consumed during practice. • Never allow yourself to get thirsty. Thirst is an emergency sensation indicating you are becoming dehydrated. Keep sipping on fluids to avoid thirst and also avoid consuming large volumes of fluids at a single time, which could increase GI distress. • Sip on 10 to 16 oz of sports beverage 1 to 1.5 hours before practice following the last solid food consumption. • Practice drinking a sports beverage at every opportunity (at least every 10 to 15 min) during practice and competition. • Drink enough after exercise to achieve clear urine and the same preexercise weight. • Sip on fluids while traveling (1 to 2 mouthfuls every 10 to 15 min) to avoid getting a dry mouth. 		