



Fuel and Hydrate for Optimal Performance and Recovery

Before activity or competition:

When fueling for mountain sports activity or competition, focus on carbohydrate to protein ratios. Carbohydrates play a primary role to reduce fatigue, and proper hydration promotes recovery. Pre-activity foods should be easily digestible and familiar to the athlete to reduce gastrointestinal distress, such as oatmeal or wheat toast/bagel. The athlete should eat 60-90 minutes prior to beginning physical activity. Protein intake should be minimal since it is not as easily digestible, however, it is important for muscle glycogen. A ratio to consider 3:1.

Examples: toast with peanut butter and banana, oats/minimal flavor (low sugar) granola with fruit and yogurt.

During activity or competition:

Eat simple and easily digestible foods to keep your glycogen (muscle energy source) up and avoid protein stores as an energy source. Also, it is important to replenish electrolytes (sodium, potassium, calcium) lost through sweat.

Examples: sports drink (nuun hydration, GU, Skratch, etc.), energy gels (Honey Stinger, GU, etc.), energy granola bars (Chewy, Clif, Honey Stinger, etc.)

After activity or competition:

After activity or competition it is critical to refuel your body to replenish glycogen stores, repair muscle damage, and reduce fatigue. High quality carbohydrates support recovery, so keep in mind a carb to protein ratio as well as the timing of this post-activity snack.

30-45 minutes after competition your athlete should eat 1:2 carb to protein for net positive protein balance. Eat more protein to repair muscles and having carbs to replenish glycogen. Amino acids found in protein sources, as well as foods containing leucine, help enhance protein synthesis for muscle repair.

This meal or snack should be small and can be more complex to allow the body to digest and absorb the nutrients it needs slowly.

Examples: Yogurt and granola, Protein granola bar, peanut butter and apple or banana

Keep in mind that proper hydration is also important for performance recovery. In some situations, sodium may be necessary to restore plasma volume and whole-body fluid balance, and carbohydrates in drinks can promote fluid retention.