

Nutrition for Exercise

by Sam Twito, CSCS
stwito@carleton.edu

For an individualized nutrition plan, please visit the new USDA's Daily Food Plan at:
<http://www.choosemyplate.gov/myplate/index.aspx>

General Nutritional Information		
Food Group	Servings	What is a Serving?
Bread, cereal, rice, pasta	6-11	1 slice of bread, 1 small muffin, 1 cup cereal, 1/2 cup cooked pasta
Vegetable	3-5	1 cup leafy vegetable, 1/2 cup other vegetable, 12 baby carrots, 2"x2"x2" block of tofu
Fruit	2-3	1 large banana, 1 medium apple, 1 cup juice, 32 grapes
Milk, yogurt, cheese	2-3	1 cup milk, 1 yogurt container (8 oz.), 2 cups cottage cheese
Meat, poultry, fish, eggs, beans, nuts	2-3	2-3 oz cooked meat, 1 small lean hamburger, 1 can tuna, 1 egg, 1 cup lentil/pea/bean soup, 1 soy or bean burger, 2 tbsps peanut butter
Added fats and oils	5-6.5 tsp	
Added sugar	11-18 tsp	
Source: USDA		

Nutrition for Active Individuals	
Nutrients	Daily Requirement
Protein	No Dietary Restrictions - 1.5-2.0 g/kg bodyweight Vegan or Low-Calorie Diet - 2.0 or more g/kg bodyweight
Carbohydrate	5-6 g/kg bodyweight up to 60-70% of total daily calories
Fat	30% or less of daily calories 20% unsaturated 10% saturated
Source: USDA	

Fluid Intake Guidelines	
General	Drink frequently Water should be the primary fluid source Increase consumption in hot and/or humid weather Consume a variety of liquids to replenish salt lost with sweating
Before Exercise	1 pint (0.5L) 2 hours before
During Exercise	Drink every 10-30 minutes For exercise over 1 hour, consume some carbohydrate with water
After Exercise	1 lb of fluid loss is equal to 1 pint of water Consume 20% more fluid than amount of fluid lost
Source: NSCA	

Weight Change Guidelines				
Goal	Rate of Change	Caloric Change	Food Types	Additional
Weight Gain (lean tissue)	1-2 lb gain per week	350-700 calories more per day	1.5-2.0 g per kg of bodyweight per day	Eat 5 meals per day
Weight Loss	1-2 lb or 1% of total weight loss per week	500-1000 calories less per day	Foods with low energy density	Decrease portion size
Source: NSCA				