

# Nutrition

## What You Need to Know about a Training Diet - During a two-hour workout, you can easily use up all your stored energy.

### Why is Carbohydrate Important for Performance?

Eat a diet high in carbohydrate throughout the season for energy to train and to compete.

Fatigue is common after hard physical training day-after-day. When you work out twice a day it can get worse. You might blame your exhaustion on a "bad day". But if you are always tired, your diet might be the problem.

When you exercise, you use energy stored as carbohydrate in your muscles. During a two-hour workout, you can easily use up all your stored energy. It is important that you replenish the carbohydrate level in your muscles for the next day's training. You do this by eating enough foods high in carbohydrate.

Suppose you eat a diet low in carbohydrate. After just three days of two-hour workouts, you use up nearly all of your muscle carbohydrate. You are a candidate for fatigue. However, on a high-carbohydrate diet after the same workouts, your muscle carbohydrate level can be almost as high as it was before you began training. In that way, you can have the energy to train and compete at your top performance.

### Planning the Training Diet

What's the difference between the training diet and your normal diet?

The training diet is probably higher in carbohydrate. The training diet includes more foods from the Grain Group, Vegetable Group, and Fruit Group.

Of course, you still need protein, fat, vitamins, minerals, and water in your diet. You get these nutrients, as well as carbohydrate, by eating a variety of foods from each of the Five Food Groups (Milk, Meat, Vegetable, Fruit and Grain).

**When planning a high-carbohydrate diet, remember:**

- Cereals, breads, pasta, muffins, pancakes, rolls, and other grain products are high in carbohydrate.
- All fruits and vegetables are also good sources of carbohydrate.
- Yogurt, milkshakes, milk, cocoa, and ice cream all contain carbohydrate.
- Most foods from the Meat Group are low in carbohydrate except for dried beans and peas (like refried beans or black-eyed peas).
- Cakes, pies, cookies, soft drinks, and other sugary foods are high carbohydrate.

However, they are low in most other nutrients. Select them only after you've eaten the recommended number of servings from the Five Food Groups.

Each day eat at least the recommended number of servings from the Five Food Groups listed in the chart below:

#### RECOMMENDED SERVINGS

	<b>Training Diet (550-650 g of carbs)</b>	<b>Modified Training Diet (250-350 g of carbs)</b>
Milk Group	4 or more	4 or more
Meat Group	3 or more	2 or more
Vegetable Group	6 or more	5 or more
Fruit Group	4 or more	3 or more
Grain Group	16 or more	8 or more