







## HEALTHY EATING TIPS FOR ATHLETES:

**AIM FOR A WELL-BALANCED DIET** with a variety of whole grains, vegetables, and fruit; lean protein sources; and healthful fats

**FOR ENDURANCE ATHLETES**, carbohydrates should be the focus of your meals

**DRINK UP EARLY:** Every morning when you wake up, have a large glass of water

**KEEP UP YOUR ENERGY LEVELS:** Eat 5–6 meals per day

**CONSUME MORE CARBS (AT THE HIGHER END OF THE RECOMMENDED RANGE)** on more intense training and competition days

TOTAL DAILY CARBOHYDRATE RANGE	TOTAL DAILY PROTEIN RANGE
2.3 to 4.5 x weight (lb) = _____ grams (H)	0.5 to 0.8 x weight (lb) = _____ grams (I)
5 to 10 x weight (kg) = _____ grams (H)	1.2 to 1.7 x weight (kg) = _____ grams (I)

## NUTRITION PLAN SUMMARY:

### PUTTING IT ALL TOGETHER (REFER TO LETTERS FROM PREVIOUS CHARTS)

	CARBS	PROTEIN	FLUID	COMMENTS
<b>BEFORE</b>	2–4 hrs: _____ (A or B) AND ≤ 1 hr: _____ (C)	Have a moderate-protein meal 2–4 hours before exercise  Resistance training: 10–20 g (F)	Start hydrating 24 hours prior to training or competition  Drink 15–21 fl oz of water or sports drink (400–600 ml) 2–3 hours before exercise	
<b>DURING</b>	30–60 grams of carbs per hour for exercise lasting 1–2 hours  OR 45–90 grams of carbs per hour for exercise >2 hours  Look for multiple carbohydrate sources, such as a 2:1 blend of glucose and fructose (PowerBar C2MAX Energy blend)*	Not required	Drink at least 14–27 fl oz (about 400–800 ml) per hour  Stay in your hydration zone: Avoid losing more than 2% of your body weight due to fluid loss; avoid gaining weight by over-consuming fluids  Use sports drinks with 500–800 mg sodium per 33 oz or 1 liter	
<b>AFTER</b>	Within 30 mins: _____ (D) AND again Within 2 hrs: _____ (D)	Endurance exercise: 10–20 grams  Resistance training: 20–40 grams (E, F, or G)	Gradually drink 16–24 fl oz per lb lost (1,000–1,500 per kg).	
<b>DAILY</b>	_____ grams/day (H)	_____ grams/day (I)	Hydrate continually throughout the day	

This food plan is intended to give general macronutrient and fluid guidelines while you are training and competing. It does not designate any particular caloric level. For a personalized daily food plan, use PowerBar PowerCoach to determine your caloric needs and to obtain a daily sports nutrition plan just for you.

\*PowerBar C2MAX Energy blend is designed to have the same blend of energy sources found in breakthrough studies to deliver 20–55% more energy to muscles than glucose alone. In another study, these energy sources improved athletes' cycling times by 8%.