**Athletic Nutritional Needs**

Pre-Workout meal

* primary goal is to reduce muscle glycogen depletion and reduce muscle protein breakdown
* therefore, need carbs and protein

3 to 4 hours before

* bread, bagel
* pasta
* potato
* yogurt
* fruit
* 30 oz of sport drink

2 to 3 hours before

* banana (fruit)
* liquid meal (protein shake)
* bagel
* sports drink

1 hour or less

* diluted fruit juice
* apple/banana (fruit)
* 1 ½ cup of sports drink

Post workout meal

* goal is to repair, recover, replenish and adapt
  + - * replenish muscle
      * reduce muscle breakdown
      * increase muscle protein
      * reduce muscle fatigue
      * enhance recovery
* therefore, need carbs and protein