



Fueling 101: KEYS TO SUCCESS



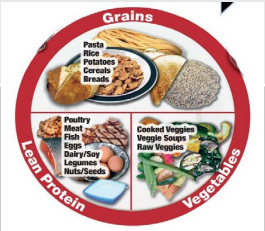
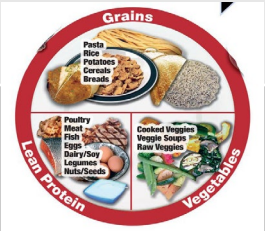

What	When	How much?	Examples	
Hydrate	The days prior	(body wt lbs/2.2 = kg) in oz + 16-32oz additional for every hour physical activity	-Morning Urine test (clear- pale yellow)	
Fuel	The last meal the day prior	1-4g carbohydrate/kg or half plate carbohydrate, ¼ protein and ¼ fruits and vegetables. Limit high fat and high fiber foods.	- Qdoba or homemade rice bowl with chicken and vegetables. -Turkey Subway sandwich with vegetables.	
	3-hours prior	Small well-balanced meal, ½ plate carbohydrate; moderate protein and fat; low fiber	-breakfast bowl with potatoes, eggs, turkey sausage and sautéed vegetables OR above	
	30 to 60 min prior	30-60g Carbohydrate familiar and tolerated foods; moderate protein and/or fat Caffeine (optional) 200mg	-banana, apple, pear, oranges with PB/String cheese -half bagel or toast with PB or jelly -cereal with milk -pretzels/crackers -sports drink	
	During (every 45 min if longer than 1 hour;)	30-60g Carbohydrate familiar and well tolerated for >1 hrs Up to 90g Carbohydrate familiar and well tolerated for >3 hrs (snacks and hydration drinks)	- Raisins or craisins - 2 squeeze pouches - Mini pretzels	- Juice or fruit - Stinger waffle - Gels or chews
Rehydrate	During	16-32 oz per hour/ electrolytes for activity greater than 60 min	- Water - Gatorade/Powerade - 16 oz drip drop	
	After	16 oz for every lb loss during exercise		
Refuel and Rebuild	Within 30 to 90 min	50g carbohydrate and 15-30g protein snack or well-balanced meal within 90 min	-smoothie bowl with fruit, Greek yogurt, honey/syrup -turkey and cheddar sandwich with vegetables -PBJ with chocolate milk and apple	



FUEL FOR SUCCESS

RUCK AND COMPETITION: MRE EDITION



What	When	How much?	Examples (g of carbohydrates)
Hydrate	The days prior	(body wt in lbs/2.2)= kg Hydrate with 1oz/kg + 16-32 oz additional for every hour physical activity (adjust for environment and sweat)	Morning Urine test (clear- pale yellow)
Fuel 	3 days prior to, 3 meals a day	1-4g Carb/kg or half plate carbohydrate, ¼ protein and ¼ fruits and vegetables.	<ul style="list-style-type: none"> - Qdoba or homemade rice bowl with chicken and vegetables. 1/2 cup rice (30g) and large tortilla (52g) - Turkey Subway footlong (90g) sandwich with vegetables.
	1-4 hours prior	1-4g Carb/kg or half plate Carbohydrate; mod protein and fat; low fiber	<ul style="list-style-type: none"> -breakfast bowl with 1 cup potatoes (90g), eggs, turkey sausage and sautéed vegetables. -HOT A's/UGR if offered at competition. -MRE OPTIONS: MRE entrée and 2 sides.
	30 to 60 min prior And DURING EAT EVERY 45 min to hour	<p>30-60g carbs of familiar and tolerated foods; moderate protein and/or fat + Up to 90g carbs familiar and well tolerated for >3 hrs (use combo snacks and hydration drinks)</p> <p>FLUIDS: 16-32 oz per hour (1/2 to 1 canteen) + electrolytes/snacks →</p>	<p>MRE options:</p> <ul style="list-style-type: none"> -beverage base, Carb fortified, Formulation D (32g) -beverage powder, carb electrolyte (23g) -tortilla (38g); crackers (29g); corn bread (39g); Italian bread sticks (33g); multigrain bread (35g) - dried fruit, raisins (34g);cranberries (41g) - pan coated fruit flavored disk (56g); sour (46g); pb (27g) - fruit wet apple sauce (27g); applesauce carb (39g); spiced apples (35g)
Refuel, Rebuild & Rehydrate	Within 30 to 90 min	<p>50g carbs and 15-30g protein OR MRE meal when able to rest</p> <p>Fluids: 16 to 32 oz water and sports drink (adjust to environment and sweat rates) limit 48oz (1.5 canteens) per hour</p>	<p>MRE Options:</p> <ul style="list-style-type: none"> - Main entrée & snack; or 2 snack combo <p>Snacks: first strike bar (48-50g); Muffin top (33g); cookie oatmeal (36g); toaster pastry (36g); pound cake (38-41g), apple turnover (48g), protein drink (51g), spiced apples (35g)</p> <ul style="list-style-type: none"> - HOT A's/UGR if offered