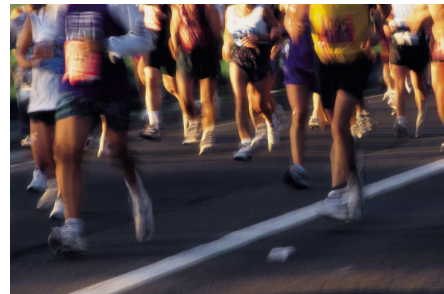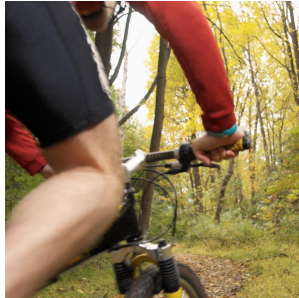# Nutrition for Triathletes
Amy Jamieson-Petonic, MEd., RD, CSSD, LD

CARBOHYDRATES: (Measured in grams per kilogram (g/kg)
The main energy source for muscles:
- **7 to 19g/kg for moderate to heavy training** (150# athlete needs 477-1300 g/day)

For example, a serving of bread, cereal, pasta, or fruit contains 15 grams of carbs.

PROTEIN:
Helps build new tissue and repair torn/worn tissue
- **Protein intake should range from 1.2 to 2.0 g/kg (150# athlete: 82-136 g)**

Choose lean protein sources such as lean ground beef, grilled chicken, turkey or fish. Low fat dairy products such as non fat milk and yogurt also provide protein. Plant sources such as soy protein or quinoa are other good choices

Bake, broil or grill meats to reduce total fat intake

FAT
Source of stored energy for activity
- **0.8 to 2.0 gm/kg (150# athlete 54-136 g)**

The best fats for "heart health" are called Monounsaturated fatty acids and do not tend to raise total cholesterol or LDL levels. Some good sources include olive oil, canola oil, nuts, avocados, and natural peanut butter (with the oil on top).

The best choices include trying to get at least 2 servings per week of foods high in Omega 3 Fatty acids, which have been shown to be heart healthy. These foods include albacore tuna,

salmon, canola oil, flax seed and flax seed oil.

FLUIDS: HOW MUCH SHOULD YOU DRINK?

Before Event: :
- 17-20 oz fluid 2 hours prior to race (preferably sport drink)
- Drink 7 to 10 oz of sports drink 10 to 20 minutes before race
- Pre-hydration is much more effective than filling up during the event

During Event:
- Consume 30 to 100 g of carbohydrates (120-400 kcal) per hour
- Drink 7 to 10 oz of fluid every 15 to 20 minutes, including sodium

After Event:
- Drink 20 to 24 oz of sport drink for every pound LOST after event (include sodium)

Water, sports drinks or Gels???
- For exercise lasting one hour or less, choose water
- For exercise lasting more than one hour, sports drinks are appropriate
- Gels can be used to replace carbohydrates, but adequate fluids still need to be consumed

Snacks: A very important part of a sports diet!

Good healthy sources of carbohydrates:

Pretzels	Popcorn	Rice cakes	Animal crackers
Trail mixes	Granola bars	Baked chips	Graham crackers
Cereal	Air crisps	Fresh fruit	Baby carrots
Celery sticks	Raisins	Dried fruit	Breakfast bars
Pudding packs	Cheese cubes	low fat milk	Yogurt
Peanut butter	Whole-wheat crackers	Juice packs	Jell-O packs
Applesauce	Cherry tomatoes	canned fruit	Baked tortilla chips

<u>Pre and Post Event Meals</u>
Pre-event meal has 2 purposes:
- Prevent hunger before and after the triathlon

Information provided by Amy Jamieson-Petonic, Sport dietitian

- Help supply fuel to muscles during training and competition

Sample pre-event meals (3-4 hours prior to event)

Morning meal
1 cup OJ
bagel
2 Tbsp peanut butter
2 Tbsp honey

Evening meal
1 cup vegetable soup
2-3 oz skinless chicken
2 slices wheat bread
2 slices tomato
1-cup low fat frozen yogurt
1-cup apple juice

Morning meal
1 cup OJ
¾ cup corn flakes
Medium banana
Wheat toast/jelly
1-cup low fat yogurt

Evening meal
Large baked potato
1 tsp olive oil
carrot sticks
½ cup fruit salad
1-cup low fat milk

Post event meal:
The body is most efficient at absorbing and storing glycogen during the first 4-5 hours following exercise.

Purpose of post event meal:
Post event meal is most important meal because it determines how much energy the athlete will have during the next competition

Best choices IMMEDIATELY following the event:
- Medium bagel
- Fruit yogurt
- Large banana
- Cranberry-apple juice
- Apple juice
- Orange juice
- Pretzels

After the event the athlete should eat a meal containing mostly carbohydrates
- Vegetable pizza
- Fruit and low fat cheese
- Spaghetti and meat sauce
- Bagel and low fat string cheese
- Yogurt and fruit

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