



THE TASTE OF SPORT

NUTRITION GUIDE

FITNESS

Targeted nutrition is important if you want to get the most out of your workout. It doesn't matter if you're lifting weights, doing aerobics or going to a spinning class. If you want to see results you should pay attention to what you eat and drink before, during and after your workout - and in which quantities. Here you'll find tips and examples of how you can plan your nutrition around your workout!

SPORTS NUTRITION STRATEGY FITNESS WORKOUT

e.g. gym or crossfit (example)



We give you tips and examples of snacks to have around your fitness workout. You should however not forget that the requirements for nutrients and tolerability of foods are individual. Therefore find out for yourself, which nutrition strategies suit you.



APPROXIMATELY 1 HOUR BEFORE THE WORKOUT

A snack is not always necessary. Depending on requirements however it can make sense to eat an easy digestible snack and have some fluid. Carbohydrate rich snacks deliver energy - the closer the consumption is to the workout the smaller the portion size should be. Fluids support the fluid balance in the body.

ENERGY (CARBOHYDRATE)

White bread roll with a little peanut butter, ripe banana, dried fruit

NATURAL ENERGY CEREAL BAR

NATURAL ENERGY FRUIT BAR

REAL VEGAN ENERGY BAR

FLUID

Water



DURING THE WORKOUT

Depending on sweat loss, drink accordingly. A significant fluid loss or body weight gain should be avoided.

FLUID

Water, Apple juice with still water

ELECTROLYTES DRINK



AFTER THE WORKOUT

Protein supports muscle growth and maintenance. For most of us drinking water is an adequate fluid. Carbohydrates as energy source are sensible depending on requirement.

PROTEIN RICH AND LOW IN SUGARS*

Curd cheese or cottage cheese with berries + fluid as required

CLEAN WHEY POWDER

DELICIOUS PROTEIN SHAKE

SOY PROTEIN FLUID BAR + fluid as required

CLEAN WHEY BAR + fluid as required

PROTEIN RICH AND CARBOHYDRATE CONTAINING*

Muesli with oats, nuts and skip + fluid as required

SOY PROTEIN FLUID BAR + fluid as required

SOY PROTEIN FLUID SHAKE

PROTEIN PLUS CALCIUM & MAGNESIUM BAR + fluid as required

*Protein and carbohydrate as well as sugar content vary depending on snack

4 SMART NUTRITION TIPS FOR FITNESS ENTHUSIASTS



1. Be clever when choosing foods

A varied, healthy and targeted nutrition foundation is a requirement for health, as well as optimal performance and development. It is a puzzle piece that lets you realize your full performance potential. Choose your foods wisely so that you can supply your body with valuable nutrients in the best possible way. Avoid ready meals such as cereal soups and fast food and instead choose whole foods / minimally processed foods, such as natural yoghurt instead of yoghurt with added sugars (such as fruit yoghurt), whole grain instead of white flour products, homemade salad dressings with virgin olive oil, lemon juice and fresh herbs instead of ready-made dressings. You can find more tips for a healthy diet on our blog. Also make sure you prepare your food in a way that preserves its nutrients.



2. The right protein intake is key

An increased protein intake is key for those who desire to build muscle mass or decrease body fat. The exact individual protein requirements are however governed by many different variables (e.g. form of nutrition). According to a recent meta-analysis, approx. 1.6g of protein/kg bodyweight seems optimal for maximal muscle mass and strength gains. Occasionally, some athletes can reach a further minimal increased benefit with a daily protein intake up to a maximum of 2.2g/kg bodyweight (3). Current recommendations for protein intakes during periods of calorie reduction suggest similar amounts.

Especially when the goal is maximal muscle growth, the total daily protein amount ideally should be split evenly across 4 (to 5) meals in regular intervals across the day (2,3). Breakfast, lunch, a snack after training and dinner, as well as an additional snack before going to bed (if required) should therefore contain amounts of 0.3-0.4 (0.5) g of protein/kg body weight.



3. Maintain proper hydration

Drink enough! During exercise you should drink small amounts in regular intervals, especially if the workouts are sweat-inducing and of longer duration. Water is our most important elixir of life and involved in practically all of our bodily functions. More than half of our body is made up of water. A fluid balance supports physical and mental performance, and a lack of fluids can lead to decreases in concentration and performance. An easy indicator to check your fluid balance is the colour of your urine: light yellow urine often indicates a good fluid balance in the body. In contrast, slightly darker urine (similar to the colour of apple juice or beer) is typically a sign that the fluid intake is too low or of dehydration.



4. The energy balance is crucial for maximal muscle growth and weight reduction.

An energy deficit leads to a reduction in body weight. To achieve this the body has to be supplied with less energy than is actually required. To avoid drops in performance, weight loss should always happen slowly. Excessive diets are therefore taboo and it is better to only moderately restrict your energy intake. Incidentally, fat loss and concurrent muscle growth is in fact possible under particular circumstances. However, a high protein intake and intense workouts are required to achieve this. However, huge gains in muscle mass cannot be achieved during a calorie deficit. For maximal muscle growth a positive energy balance is required, i.e. a surplus in calories.

REFERENCES

Disclaimer

The implementation of the nutrition information and recommendations described in this article is done at your own risk and cannot replace a personal and individual consultation. Especially individuals under the age of 18 years, with health restrictions (especially those with orthopaedic or hormonal complaints / illnesses, or food intolerances or allergies), during pregnancy or lactation should first consult a doctor. Should any complaints develop during the implementation of the nutrition recommendations a doctor should be consulted immediately. Active Nutrition International GmbH does not assume liability.

1. Morton, R.W., et al. (2018): A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass.

2. Areta, J.L., et al. (2015): Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. J. Physiol. 1, 559/91-2319-31.

3. Maughan R., et al. (2018): IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete. Int. J. Sport Nutr. Exerc. Metab. 1, 28/21-104-125.