

GETTING FUELED:

10 NUTRITION TIPS

Proper nutrition is an essential ingredient to reaching peak performance for all athletes. As the official healthcare partner of Bike New York, the NYU Langone Sports Health experts are here to provide advice on dietary needs to get you fueled before, during, and after your next event.

Take these 10 nutrition tips to optimize strength, speed, and endurance and help you cross the finish line!

- 1 Be Sure to Have Protein.** Endurance athletes tend to have greater chance of protein malnutrition. Protein is needed to improve muscle protein synthesis and attenuate muscle breakdown. Shoot for 20-35 grams each meal.
- 2 Get to Know Carbohydrates.** Science suggests the energy from carbs improves mood and athletic performance. Seek out nutrient dense carbohydrate sources such as fruits, starchy vegetables, and whole grains.
- 3 Don't Forget Fats, Too.** Fats help maintain energy balance, regulate hormones, and restore muscle tissue, and is a secondary source of energy for endurance training. It's recommended adults consume approximately 30% of total daily caloric intake as a healthy fat.
- 4 Hydrate Before.** Fluid needs are unique to the individual athlete, and can change depending on the climate, training intensity, fitness level, altitude, and other factors. Consume at least 16 ounces of fluids 2-3 hours before activity, and another 8 ounces 15 minutes before you start.
- 5 Hydrate During.** Be sure to drink enough fluids during activity to balance the fluid loss through sweat and breathing.



- 6 Hydrate After.** After training, consume 16-24 ounces for every pound lost.
- 7 Determine Sweat Rate.** Athletic performance can start to decline with as little as a 2-3 percent body weight loss from sweat. By knowing how much you sweat, you can determine specific fluid needs during training.
- 8 Create Habits.** Drink 8 ounces of water first thing in the morning, carry a water bottle throughout the day, and consume a variety of fruits and vegetables with high water content.
- 9 Limit Caffeine Intake.** Caffeine has consistently been shown to improve exercise performance when consumed in doses of 3–6 mg/kg of body mass. Minimal effective doses of caffeine currently remain unclear but they may be as low as 2 mg/kg. Very high doses of caffeine (e.g., 9 mg/kg) are associated with a high incidence of side effects and do not seem to be required to elicit an ergogenic effect.
- 10 What About Sports Drinks?** Consider electrolyte replacement products for activities lasting longer than 60 minutes. Electrolytes such as sodium, magnesium, and potassium are important for rehydrating after sweat loss and activity.

Your Health Is Our Priority

The **Sports Health experts at NYU Langone** offer state-of-the-art diagnostics for cyclists, nutrition assessments, and everything else you need to achieve your full athletic potential. As an official partner, they are offering all participants exclusive concierge access to their multidisciplinary team. Fill out our appointment request form at nyulangone.org/bikeny and an expert will be in touch.