

GET ANSWERS TO CLIENTS' TOP NUTRITION QUESTIONS

Clients can often become overwhelmed when trying to figure out how to make healthy eating choices while staying active. **DR. WENDY BAZILIAN**, Registered Dietitian and ACSM-certified Exercise Physiologist provides answers to some of your clients' top sports nutrition questions.

TEST YOUR KNOWLEDGE AND THEN FLIP TO THE OTHER SIDE TO LEARN THE CORRECT ANSWERS.

- 1. How much protein is needed after exercise for recovery?**
 - a. 10 g
 - b. 20 g
 - c. 60 g
 - d. As much as possible!
- 2. Which of the following occasions is most important when it comes to sports nutrition for performance?**
 - a. Pre-exercise
 - b. During the workout
 - c. Post-exercise
- 3. True or False: Large amounts of protein are needed after a workout for recovery?**
 - a. True
 - b. False
- 4. Which electrolyte is most crucial to exercise: before, during or after – sodium or potassium?**
 - a. Sodium
 - b. Potassium
- 5. What is weight lost during exercise a sign of?**
 - a. Fat loss
 - b. Hydration loss
 - c. Muscle gains
 - d. All of the above

1. How much protein is needed after exercise for recovery?

ANSWER: b. 20 g

WHY: Many people have come to believe you can't get too much protein post exercise. The truth is that as little as 10 grams of protein have been shown to kick-start the muscle repair, and consuming around 20 grams of protein shortly following exercise has been the best aid in muscle recovery.^{1,2}

2. Which of the following occasions is most important when it comes to sports nutrition for performance?

ANSWER: No right answer – they all matter equally!

WHY: To achieve optimal performance, the way athletes and clients fuel themselves matters just as much during exercise as before and after.

- **Pre-exercise:** Drink 0.07 to 0.10 oz. of fluid per pound of body weight (between 9-13 oz. or about a cup and a half for a 130 lb. woman) about 4 hours before a workout and eat a carbohydrate- and protein-rich snack or meal 3-4 hours before a workout for the energy to start strong.
- **During exercise:** Drink fluids with electrolytes to stay hydrated during a workout. Add carbohydrate on those days when the workout is strenuous and longer than 60 minutes.
- **Post-exercise:** Rehydrate after a workout with ~20-24 oz. of fluid for each pound of body weight lost. Eat about 20 grams of protein, optimally within 30-60 minutes.³

3. True or False: Large amounts of protein are needed after a workout for recovery?

ANSWER: False

WHY: 20 grams (about the amount found in 2 ½ ounces of chicken or fish, a protein smoothie or 3 egg omelet) is enough to kick-start recovery.³ Only so much protein can be absorbed and utilized at once, so any extra calories can be stored in the body as fat.

4. Which electrolyte is most crucial to exercise: before, during or after – sodium or potassium?

ANSWER: a. Sodium

WHY: Many people think that potassium is the most important electrolyte, especially because sodium is often over-eaten among the general population. But in an athlete/active person, sodium is the primary electrolyte to focus on since so much can be lost in hard training or endurance events – even as much as 10 grams in endurance activities. Thus, pre-, during and recovery hydration and electrolyte replenishment strategies are important – e.g. a sports beverage with sodium.

5. What is weight lost during exercise a sign of?

ANSWER: b. Hydration loss

WHY: If weight loss occurs during a single exercise session, it's from fluid loss. Losing as little as 2% of weight during exercise is a sign of dehydration and can impair performance and adversely affect health.⁴

¹ Moore DR, Robinson MJ, Fry JL, Tang JE, Glover EI, Wilkinson SB, Prior T, Tarnopolsky MA & Phillips SM. (2009). Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. *Am J Clin Nutr.* 89(1):161-8.

² Witard OC, Jackman SR, Breen L, Smith K, Selby A & Tipton KD. (2014). Myofibrillar muscle protein synthesis rates subsequent to a meal in response to increasing doses of whey protein at rest and after resistance exercise. *Am J Clin Nutr.* 99(1):86-95.

³ American College of Sports Medicine, Academy of Nutrition and Dietetics, Dietitians of Canada. (2016). *Nutrition and Athletic Performance. Medicine & Science in Sports & Exercise*, 48,3,543-568.

⁴ Baker, O, Barnes KA, Anderson ML, Passe DH, Stofan JR. (2016). Normative data for regional sweat sodium concentration and whole-body sweating rate in athletes. *Journal of Sports Science.* 34:4.