

When to Eat and Drink

Eat throughout the day

Exercise < 60 minutes

Exercise > 60 minutes

Early morning

During the day

Pre-Exercise

During Exercise

Post Exercise "Recovery"

Pre-Exercise

≈100 calories of **carbohydrates**
≈16 oz. fluid

earlier meal
≈ 5 oz. **fluid** per 20 min of exercise

Meal earlier or
≈100 calories **carbohydrates**
≈16 oz. **fluid** 2 hrs. prior to exercise
≈ 8 oz. **fluid** 1 hr. prior to exercise

≈ 100 calories **carbohydrates** per 60 min of exercise
≈ 5 oz. **fluid** per 20 min of exercise

≈100+ calories **carbohydrates** & **protein** within 30 min of exercise
Meal within 2 hours
pale urine