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NUTRITION FOR STRENGTH TRAINING

FOOD TIMING IS JUST AS IMPORTANT AS YOUR WORKOUT!

WHY? Because you need to fuel the workout and provide nutrients for your recovery so you will see the results of enhanced stamina and muscle growth.

SO, HERE ARE THE RECOMMENDATIONS:

The first thing to remember is that you want your stomach empty before any training session so your body is not spending energy and blood flow on digestion during your work out.

Carbohydrate is the predominant energy fuel during a workout with weights. Intense, short bursts of power rely on glycogen in the muscles which is the storage form of carbohydrate. If you do a moderate workout of less than an hour, 2 grams of carbohydrate per pound of your body weight should be sufficient to fuel your glycogen stores. If you are a serious weight lifter with duration of over 2 hours you could use up to 3-4 grams of carbohydrate per pound.

So what does that mean? Well say you weigh 200#, and you lift weights for 45 minutes, you could use 2 grams carbs x 200 pounds = 400 grams carbohydrate per day. Now, if you lift weights for 2 hours, you will need 600-800 grams of carbs per day. You need to be in touch with your hunger signals and exhaustion cues to determine if you are fueling your muscles properly with glycogen. The more fit you become, the more efficient your muscles get at storing carbohydrate as glycogen.

Translated as food:

Grains (1 slice bread, 1/2 cup cooked rice/pasta, fruit lg piece or 1/2 cup juice, 1/2 cup beans, corn, lentils, potatoes, cooked cereal, approx 3/4 c dry cereal = **15 gms carb**)

Dairy (1 cup lowfat milk, yogurt, 1.5 oz cheese) = **12 gms carb**

Vegetables (1 cup raw, 1/2 cup cooked, 3/4 cup juice) = **5 gm carb**

Eat a lowfat protein snack 1-2 hours before a strength training workout. This will provide the building blocks for muscle recovery. Resistance work causes muscle breakdown. Afterward, your body is looking for protein to repair. If you have had some protein beforehand, it is digested and the amino acids are in your bloodstream ready to be mobilized to re-build the muscle tissue. Post exercise, have some more protein and especially carbohydrate to continue the process of repair and refueling. You should have this snack no later than 30 minutes after your workout to get the carbs filling up the glycogen tanks in the muscles. Remember, the carbohydrate gives you strength to lift

the weights and the protein repairs the muscles to make them stronger for the next workout.

So, how much protein do you need to build those muscle fibers? It seems that many athletes overestimate their protein needs. To calculate your actual needs take your weight x .6 - .8 and that will equal the number of protein grams you should consume for the day. So, if you weigh 200# you need 120 - 160 grams of protein/day.

So, what counts as a gram of protein?

Meat = 7 grams per ounce, or 1/4 cup tuna, 1 egg or an ounce of cheese

Milk Products = 7-8 grams per cup (soy and cow)

Nuts, seeds and beans have some protein, read labels

Some of you like protein drinks or bars, this is a good way to get a boost of protein.

Just don't overdo it because they can be expensive and high in calories.

Well, that's all for now! Healthy eating! Happy weight lifting!

Paula