

Back Bay Health | Boston, MA

# Fuel & Hydration Guide

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## In this guide

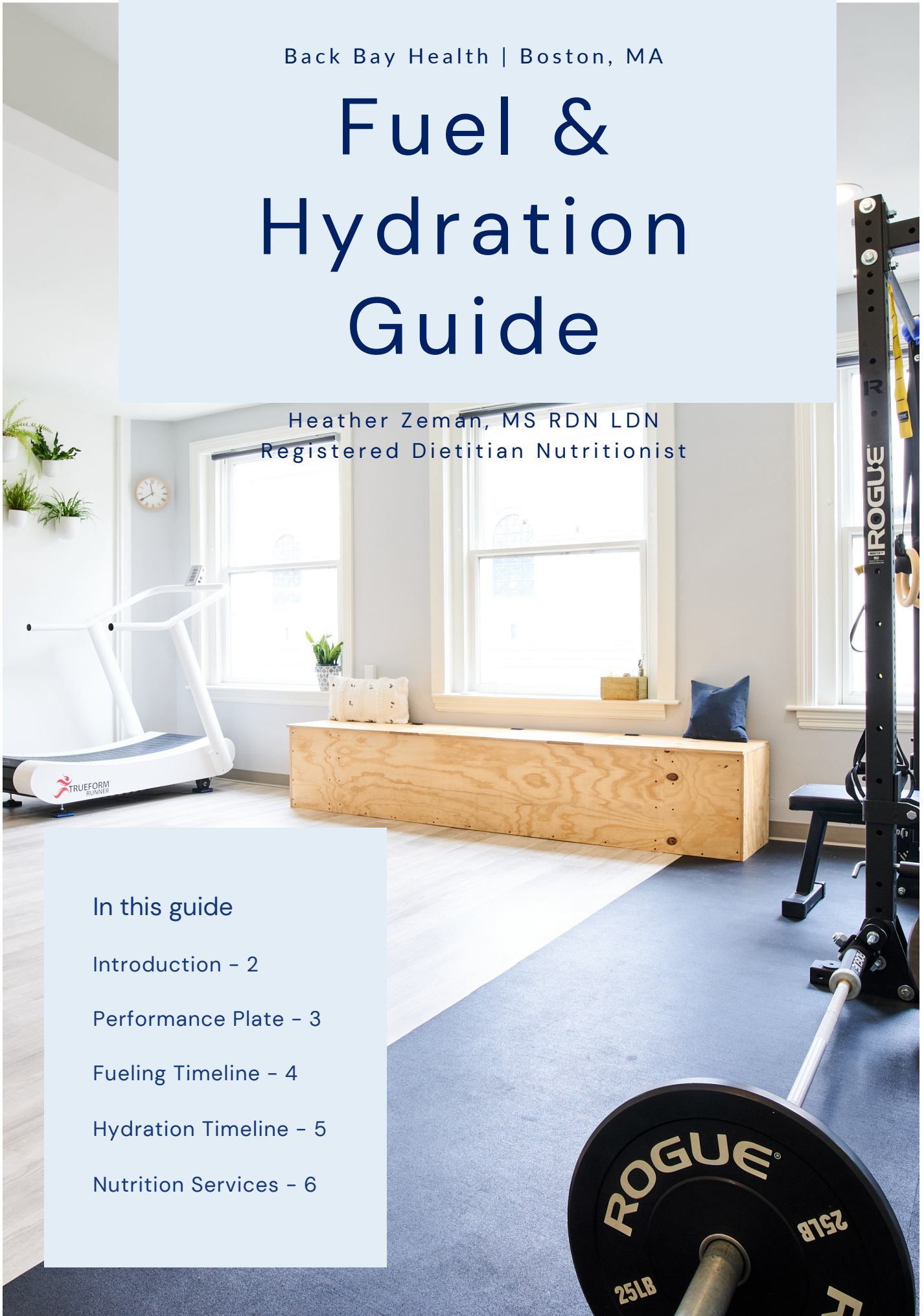
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## Using This Guide

BY HEATHER ZEMAN, RDN

This timing guide will help you prioritize **energy intake** and **hydration status** to optimize your performance.

You'll learn when and how to build balanced meals, meet your fluid needs, and supplement with carbohydrates and electrolytes.

These recommendations can be further adapted and individualized to meet your unique needs.

Adequate energy and hydration are priorities for all athletes.

See page 6 to learn more about personalized nutrition counseling and personalized meal planning at Back Bay Health.



### Energy

Reduce fatigue and your risk of injury with fuel before, during, and after physical efforts



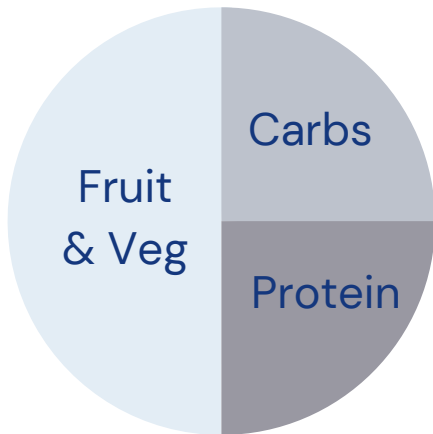
### Hydration

Support your physical and mental performance with a plan that includes fluids & electrolytes

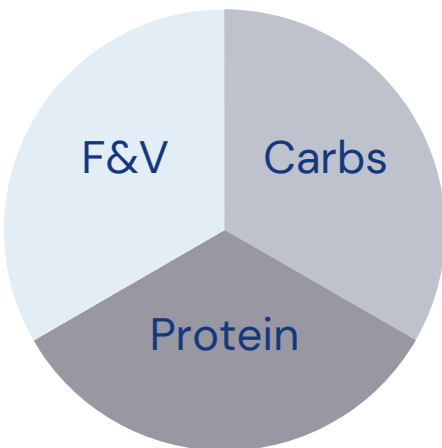
# Build a Performance Plate

Adapt meals and snacks to meet your changing energy needs

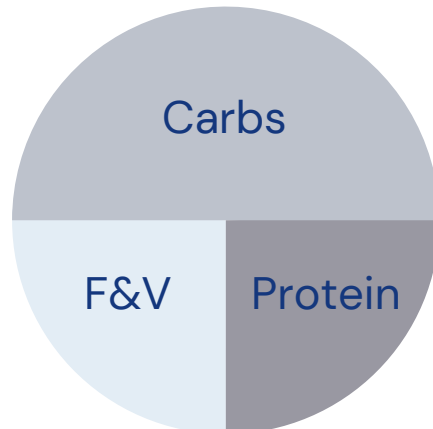
## Low Intensity (<1hr) or Rest



## Medium Intensity (1-2hrs)



## High Intensity (1-2+ hours)



## Carbohydrates: Energy

### Whole Grains

- Barley
- Brown rice
- Farro
- Oatmeal
- Quinoa
- Popcorn
- Whole wheat products (bread, pasta, tortillas, pita, etc.)

### Starchy Vegetables

- Corn
- Peas
- Potatoes (all)
- Squash
- Yucca

## Lean Protein: Repair

- Beans & chickpeas
- Beef: Lean ground
- Chicken, turkey (skinless)
- Dairy: low- or non-fat
- Eggs
- Fish
- Lentils
- Soy: Edamame, tofu, tempeh

### And Fats:

- Avocado
- Nuts & seeds
- Nut butters
- Olive, canola, other oils

## Fruit & Vegetables: Vitamins & Minerals

- |           |                    |                |
|-----------|--------------------|----------------|
| • Apples  | • Arugula          | • Eggplant     |
| • Bananas | • Asparagus        | • Fennel       |
| • Berries | • Broccoli         | • Mushrooms    |
| • Figs    | • Brussels sprouts | • Onions       |
| • Grapes  | • Cabbage          | • Peppers      |
| • Oranges | • Carrots          | • Radishes     |
| • Mangos  | • Cauliflower      | • Spinach      |
| • Melons  | • Celery           | • String beans |
| • Peaches | • Collard greens   | • Swiss chard  |
| • Pears   | • Cucumber         | • Tomatoes     |
|           |                    | • ...and more! |

# Performance Fueling Timeline

Time your intake to support energy, endurance, and recovery

## Up to 4 Hours Before

**Goal:** Fuel up, support energy stores

**Need:** Balanced meals & snacks

**Recommendation:** Try new foods during training, no new foods the day of

*For Example:*

- Breakfast: Oatmeal with low-fat milk, fruit, and nuts
- Snack: Nonfat yogurt, berries, and granola
- Lunch: Grilled chicken sandwich with lettuce, tomato, and cucumbers
- Dinner: Turkey chili with rice and veggies

## 30–60 Minutes Before

**Goal:** Prevent hunger if needed

**Need:** Simple carbs, low-no fat/fiber/protein

**Recommendation:** Keep it light, avoid GI distress

*For Example:*

- Sports Chews/Gu/Gel
- Sports drink with carbohydrates
- Pretzels
- Fig bars
- Dates or date bites
- Rice cakes and tuna packet
- Fresh fruit or 100% Fruit juice
- Applesauce packet
- Nonfat yogurt with fruit

## Hours 1–5 During

**Goal:** Provide fuel to avoid fatigue

**Need:** Simple carbs every 45min after 1hr

**Recommendations:** Avoid GI distress

- 30–60g carbohydrates/hour after 1hr
- Up to 90g/hour for 3–5hrs if a trained

*For Example:*

- Gatorade/Powerade (35g/20oz)
- Sports chew, gel, honey stinger (20+g)
- Graham crackers (36g/3 sheets)
- Applesauce pouch (16g/pouch)
- Fig Bar (25g) or Pop Tart (34g)
- Banana (28g)

## 30 Minutes After

**Goal:** Refuel to recover muscle stores

**Need:** Fluids, carbs & protein snack

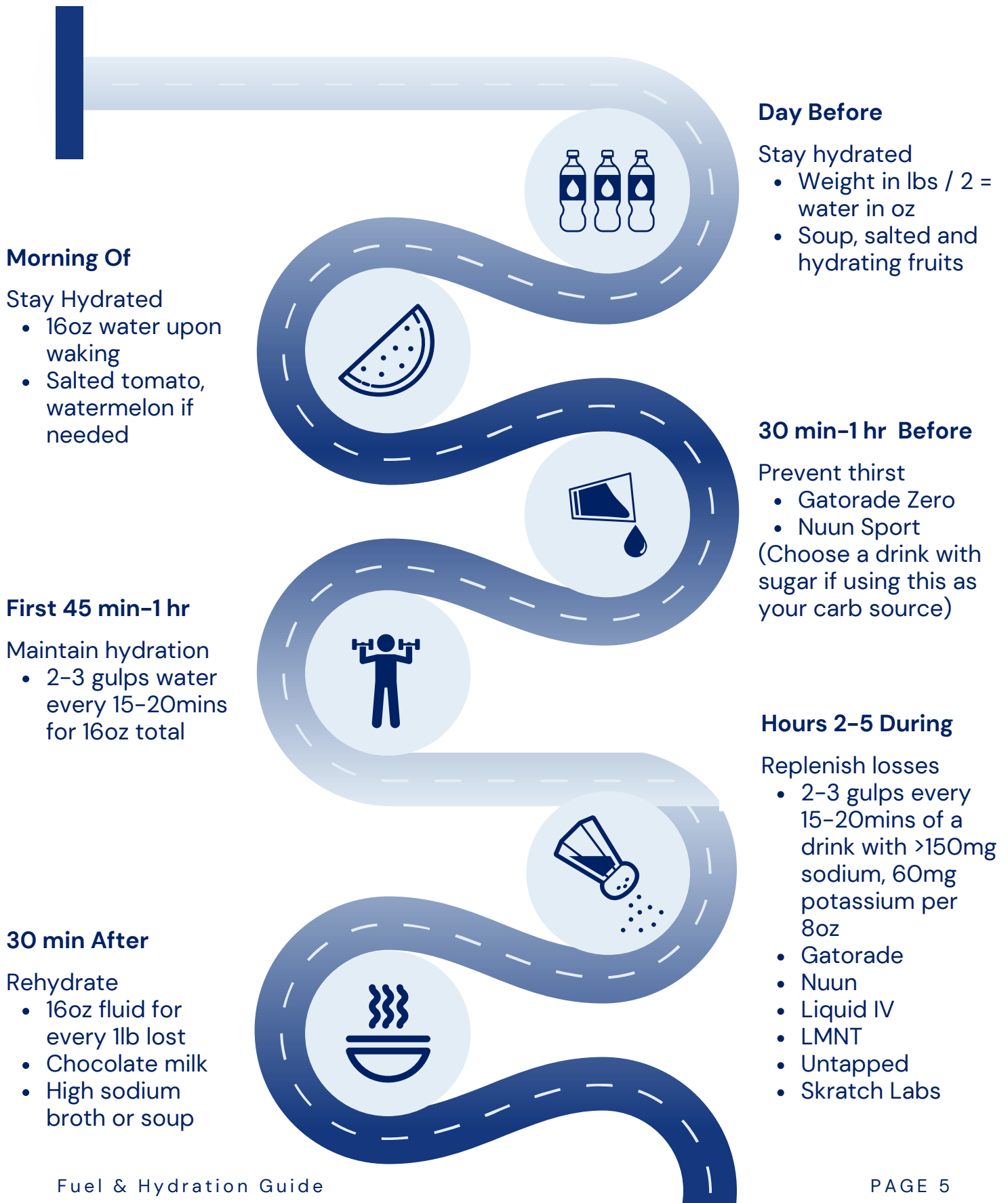
**Recommendations:** Pack a snack, follow with a full meal within 2 hours

*For Example:*

- PB&J on a bagel
- Hummus & crackers
- Nuts & fruit
- Rice cakes with peanut butter & fruit
- Greek yogurt with fruit & nuts
- RxBar, Clif Bar
- Turkey sandwich
- Chocolate milk & apple

# Performance Hydration Timeline

Include fluids and electrolytes to prevent dehydration



# Nutrition Counseling & Meal Inspiration

Heather Zeman, MS RDN LDN | Registered Dietitian Nutritionist



**Heather Zeman** is a registered dietitian nutritionist who helps active women – from runners to gym-lovers to busy parents to triathletes – who are ready to nourish themselves. Her approach helps you challenge the diet mentality and develop nourishing habits that power your body, mind, life, and training goals.



**1:1 nutrition counseling** empowers you to:

- Enjoy all foods without guilt
- Learn how to fuel for performance
- Remedy digestive concerns
- Reconnect with your hunger and fullness cues
- Improve your energy and fatigue



**Customizable meal recommendations and recipes** via EatLove remove the stress and guesswork from your life.

- Access >7000 recipes
- Target nutrients & energy needs
- Accommodate allergies & restrictions
- Connect regularly with Heather via chat

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