



Lakeland Muskies Nutrition Guide

Carbohydrates – Your Body’s Primary Fuel for Training and Competition

1. Carbohydrates fuel both muscles and brain. Low glycogen (stored carbs) or blood glucose can cause fatigue and mental 'fog'.
2. Simple Carbohydrates (fast digesting): fruits, honey, sports drinks, processed foods.
3. Complex Carbohydrates (slow digesting): oats, brown rice, whole grains, legumes, starchy vegetables.
4. Daily Needs: 1.4–4.5 g/lb body weight (3–10 g/kg). Higher activity = higher need.

Carbohydrate Timing (per lb body weight)

Time Before Exercise	Grams per lb	Example
4 hrs	2.0 g	Full meal
3 hrs	1.5 g	Meal/snack
2 hrs	1.0 g	Snack
1 hr	0.5 g	Banana or sport bar (carb, not protein)
<1 hr	0.25 g	Sports drink/gummies

After exercise: 0.5–0.7 g/lb to replenish glycogen stores. Liquid sources digest faster.

Protein – The Building Block for Recovery and Growth

1. Protein supports muscle repair, hormone production, and immune health. Rarely used for energy.
2. Daily Needs: 0.40–0.90 g/lb (1.0–2.0 g/kg). Aim higher when building muscle.
3. Consume 20–30 g per meal, spaced every 3–4 hours—including after training.
4. Sources: chicken, turkey, eggs, fish, dairy, beans, Greek yogurt, protein shakes.



Fats – Long-Lasting Energy and Hormone Support

1. Fats supply energy for lower-intensity activity, aid vitamin absorption (A, D, E, K), and support hormones.
2. Healthy fats (mono- & polyunsaturated): avocados, nuts, seeds, olive oil, fatty fish.
3. Limit saturated fats from processed foods. Daily intake: 20–35% of calories.
4. Avoid large fat intake before exercise (slow digestion □ stomach pain or vomiting).

Alcohol and Recovery

1. Alcohol provides 7 calories per gram but no nutrients.
2. Alcohol delays recovery by inhibiting protein synthesis, increases dehydration, and disrupts sleep and memory consolidation □ all harm performance.
3. Moderation is key. For serious athletes, avoiding alcohol around training and competition is ideal.