

Rowing and Nutrition

Rowing involves both endurance exercise and power training so close attention to your diet is necessary for peak performance. The optimal diet for a rower during training is high in carbohydrates, a moderate amount of protein, and low in fat. You need to eat properly to make sure your body has enough carbohydrates stored as glycogen; this is your primary source of fuel during a race or when exercising for greater than 60 minutes. You also need to eat protein at the correct times to ensure that you are building muscle and repairing your muscles after strength training and a strenuous row.

What to Eat Before Exercise? Plan out your meals and snacks each day during the season so you are not heading to a workout after school without having eaten since the morning. Also make sure you start each day with a breakfast of healthy carbs and protein because eating smaller more frequent meals is the most efficient way to maximize your energy potential during training or a race.

3-4 hours before exercising—This is a good time to make sure you eat a balanced meal. Fill 2/3 of your plate with high carbohydrate food, then add a lean protein source and keep it low in fat. Make fresh and healthy choices to add the vitamins and minerals needed for athletes. More processed=less nutrition. Drink 14-20 oz of fluid for hydration. Avoid soda and gassy foods. Example: Turkey sandwich on a whole grain roll with lettuce and tomato, a piece of fruit and glass of low fat milk, or pasta with turkey meatballs, a salad and small juice, or oatmeal with almonds and a banana and milk. Check out the list of high carb and protein foods and try to plan your meals ahead of time.

30-60 minutes before exercise—Eat a small snack, high in carbs, and very low in fat.(ex. Pretzels, mini bagel with jelly, piece of fruit and low fat yogurt or sports bars are good snacks) A very high fiber snack such as a fiber bar or a salad is not recommended at this time, unless it is something that you always eat. A high fat food can take 3-5 hours to digest, avoid that now because an undigested meal can make you sluggish and give you nausea and cramps.

30 minutes or less before - Hydration only— 8-10 oz. of water or sports drink recommended. Don't enter this time frame feeling very hungry, plan ahead.

During Exercise—

1. Hydration recommendation is 6-12 oz for every 15-20 minutes of endurance exercise.
2. Amount varies according to your size, hydration status, environmental conditions and the amount you sweat.
3. Water is okay if it is a light training day but a sports drink, like Gatorade, is recommended for greater than one hour of training, if it is a hot day, or if you sweat heavily.

Make a plan to have snacks with you to eat after workouts

What to Eat After Exercise for Recovery?

*Glycogen stores are replaced and muscle protein is preserved most efficiently if you eat a snack or beverage containing both carbs and protein within 30 minutes after a training session. It is suggest to eat within 30 minutes then eat again in two hours to maximize recovery.

*If it is not easy for you to eat after exercise use a sports drink with protein, a smoothie, or a box of low fat chocolate milk, then 2 hours later have a small meal such as mac and cheese with fruit, grilled chicken sandwich with a salad, or lean steak stir fry with veggies and rice.

* On off days be sure to maintain a good diet with protein sources at each meal and also healthy fat like nuts, olive oil and guacamole/avocados.

Advice: *When rowing in hot weather avoid dehydration and pay close attention to monitor urine color and pre- and post- competition weight. Drink 24 oz of fluid for every pound lost and make sure urine is light colored, not dark. Hydration greatly affects performance.

These websites offer sound Nutrition and Rowing advice:

<http://andovercrew.com/nutrition/indexDiet.html>,

<http://www.livestrong.com/article/180210-rowing-diet/>

[http://nutritionassessment.com/images/downloads/rowing%20season%](http://nutritionassessment.com/images/downloads/rowing%20season%20diet.pdf)

If you have any questions please feel free to email me: jsofolan@optonline.net
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Carbohydrate, Protein, and Fat - Ideas for the Athlete

High Carbohydrate Food

Cereal, Whole grain toaster waffles, oatmeal, low fat muffins
Pasta
Bread, Toast, Bagels, English Muffins, bread sticks, flat bread, Naan bread, tortillas, pita, rolls, low fat muffins—recommend whole grain.
Nutri Grain bars, Clif Bars, Special K bars, Luna Bars
Potatoes and Sweet potatoes—not French fries,
Pretzels, soft pretzels
Low fat crackers, Wheat Thins, fig bars
Taco shells
Fruit—apples, oranges, bananas, grapes, dried fruit, cantaloupe, watermelon, clementines, etc
Veggies—carrots and celery sticks, raw green beans, sugar snap peas, corn, lettuce and tomatoes, etc.
Rice
High carb beverages like sports drinks, fruit and vegetable juices. Avoid soda

High Protein Food

Chicken, Turkey
Lean roast beef, lean burgers
Eggs, hard boiled eggs, tofu
Reduced fat cheeses, low fat cottage cheese, regular cheese not in excess, part skim cheese sticks
Peanut butter or nut butters—prefer natural and reduced fat, these can be high in fat
Tuna—light on the mayo, fresh, not fried, fish
Hummus—not too low in fat but healthy
Low fat chocolate milk, smoothies made with yogurt, soy milk
Yogurt (Greek yogurt has twice the protein)
Nuts are high protein, also high in fat so limit pre-game

High Fat Foods to Limit

Butter, oils and mayonnaise, cream cheese, regular salad dressing
Fried food like French fries
Bacon
Large amounts of cheese
Hot dogs
Pastries, donuts

Gassy Food

Onions, peppers, garlic, broccoli, cauliflower, beans, should avoid unless well tolerated
Avoid carbonated drinks