

FUELING YOUR ACTIVITY



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FLUIDS

Hydration is key for successful athletic performance. Drink before, during, and after workouts. This is especially important during long workouts and exercise in a hot and humid environment. Follow these hydration tips:

- All fluids provide hydration.
- Fluid needs vary and there is no “one size fits all.” Drink enough so your urine is clear and regular.
- Drink one to two cups of fluid 30 minutes before exercise.
- Drink water or a sports drink throughout your workout.
- Replenish lost fluids by drinking 1–2 cups of water or sports drink after workouts.

Sports drinks provide an energy source (sugar) and electrolytes in addition to fluid and aid in hydration. Watch for protein or Aspartame on the label and amino acids in the ingredient line. Avoid “energy drinks” as they may contain stimulants.



FUEL

Fuel yourself regularly throughout the day. Eat three to six meals or snacks each day. **EAT BREAKFAST!** This is essential for a busy, active day. Provide carbohydrate fuel before exercise to prevent breakdown of body proteins which will raise PHE levels in the blood. **Eating fewer calories than you need, whether intentionally to lose weight or unintentionally, increases the amount of protein you need.**



CARBOHYDRATES

Carbohydrates fuel your muscles and brain. Adequate carbohydrate is needed to prevent the breakdown of body proteins which will raise PHE levels. Healthy choices include low protein breads, cereals and pastas with added fiber; vegetables and fruits/juice; and your PKU formula.



PROTEIN

Consistent intake of protein throughout the day is optimal. For those on medical formulas, this is easy. Aim for 15-20 grams 3-4x/day depending on your total needs. A small amount of protein after a workout helps repair tissues and build muscle. **More is not better!** Sports nutrition guidelines recommend 1.0-1.6 grams protein per kilogram body weight. Discuss your individual needs with your metabolic dietitian.



FAT

Fat fuels muscles during endurance activity. Avoid fatty foods before exercise as they take longer to digest than carbs and proteins.

PRE-EXERCISE Eating Guidelines

- Make sure you’ve had a carbohydrate food within 3 hours of exercise.
- Avoid very high fat foods that take a long time to digest (fries, chips).
- Drink plenty of liquids before exercising.
- Eat foods that you know won’t bother your stomach.

POST-EXERCISE Eating Guidelines

- Have carbohydrate-rich foods with approximately 15-20 grams of protein from formula within 1 hour of exercise.
- Drink plenty of fluids!

Example: PKU formula with pretzels or cereal 3 hours before or low protein pretzels or bread with water 1 hour before.

Examples: PKU formula and fruit and/or low protein cereal or bread.

WORK WITH YOUR METABOLIC DIETITIAN TO UNDERSTAND YOUR INDIVIDUAL NEEDS!

Be sure to check with your healthcare professional before making changes to your diet.

Please be sure to follow the low protein diet that you and your healthcare professional have decided is right for you. Remember to count the amount of intact protein and phenylalanine that might need to be limited when meal planning.

The content of this resource was written by Dr. Karen Reznik Dolins, EdD, RD, CSSD, CDN.

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