



Nutrition & Hydration Tips for On & Off the Bike



Resources

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Nutrition Tips

Aim for 30-40% of your daily caloric intake from carbs

1 gram of carbs = 4 calories

If you eat 1800 calories, you'd eat 540-720 calories from carbs, which is 135-180g a day

Aim for 30% of your daily caloric intake from protein

Or aim for between 0.8g to 1.2g per pound of bodyweight, depending on activity level

1 gram of protein = 4 calories

If you eat 1800 calories, you'd eat 540 calories from protein, which is 135g a day

Aim for 30-40% of your daily caloric intake from healthy fats

1 gram of fats = 9 calories

If you eat 1800 calories, you'd eat 540-720 calories from fats, which is 60-80g a day

Plant-Based Eaters

Ensure you're getting in protein from all 9 essential amino acids every single day

Sources of Healthy Fats

- Avocados & avocado oil
- Full fat coconut milk
- Organic, nitrate-free bacon
- Organic olive & coconut oil
- Grass-fed ghee (instead of butter)
- Organic & pasture-raised meats and eggs
- Quality cheeses
- Nuts and nut butters

What to Eat Around a Ride:

Before

- healthy carbs, light proteins (meat = the less legs the easier to digest), foods lower in fat

During

- 40-50g carbs per hour of exercise beyond 60 minutes, some protein, light fats
- Easy to digest
- Focus on real foods when possible
- Avoid eating a ton of sugary foods
- A gel brand that I like and is easy on my digestion is Maurten

After

- 30g of protein (within 30 min)
- Restock carbs within 2 hours
- Avoid sugary foods



Hydration Tips



Daily Water Intake

Aim to drink at least 1/2 your bodyweight in ounces daily (not including exercise)

Example: If you weigh 150 lbs, aim for at least 75 ounces of water a day

Add an additional 12 ounces for every 30 minutes of exercise you do.

So if you weigh 150 lbs and ride for 2 hours:

$$75 \text{ oz} + (12 \text{ oz} \times 4) = 123 \text{ ounces}$$

Add more on the days that are hot or you're sweating more.

Don't Forget Your Minerals!

Start each morning with a pinch of sea salt (build up to 1/4 tsp) in a glass of warm water with a squeeze of lemon.

You can do this midday too.

Recipes

Adrenal Cocktail

- 3 ounces of OJ (vitamin C helps the adrenals)
- 1 tsp of cream of tartar (rich in potassium)
- ¼ tsp of Celtic sea salt (rich in sodium, potassium, and magnesium)
- 3 ounces of coconut water or full fat coconut milk (rich in potassium)
 - I prefer the coconut milk b/c it helps balance blood sugar

Whole Foods Rich in Key Minerals:

Sodium

- Celtic sea salt
- Pickled veggies
- Sauerkraut
- Celery juice
- Artichoke
- Beets
- Swiss chard
- Animal products
- Eggs

Magnesium

- | | |
|------------------|-------------------|
| • Spinach | • Banana |
| • Pumpkin seeds | • Plantain |
| • Avocados | • Beet greens |
| • Hemp seeds | • Sunflower seeds |
| • Swiss chard | • Summer squash |
| • Dark chocolate | • Black beans |
| • Almonds | • Brown rice |
| • Cashews | • Broccoli |
| • Mackerel | |

Potassium

- | | |
|-----------------------|--------------------------------------|
| • Dried apricots | • Avocados |
| • Acorn squash | • Russet potatoes (skins especially) |
| • Stinging nettle tea | • White button mushrooms |
| • Celery juice | • Tomatoes |
| • Coconut water | • Banana |
| • Coconut milk | • cantaloupe |
| • Beet greens | • Asparagus |
| • Spinach | |

Make Your Own Electrolyte Drinks with your LMNT Packets!

Use this QR code -->

Or find them at:
bit.ly/electrolyte-recipes

