

RACE AGAINST CANCER NUTRITION PLAN

WEEK 1: DETERMINE HYDRATION NEEDS

- Aim to drink about $\frac{1}{2}$ ounce to 1 ounce per pound of your body weight per day. For a 160 pound individual, this would be 80 ounces to 160 ounces per day or just over $\frac{1}{2}$ gallon to 1 $\frac{1}{4}$ gallon per day. Intake will be higher on exercise days.
- **TRACK INTAKE:** Carry a large water bottle that can be refilled throughout the day. For example, a 32-oz bottle that is filled twice throughout the day will put you at $\frac{1}{2}$ gallon. Refilling it 4x throughout the day, will put you at 1 gallon.
- Color of your urine should be clear. If it is dark like the color of apple juice or tea, you will need to adjust hydration intake and daily hydration practices.

Limit use of a *sports drink to when exercising greater than 1 hour and/or when in hot/humid environments with higher sweat losses.

Sodium: aim for a sports drink with 110 to 240 mg sodium per 8 ounces to help replace sweat losses. Keep in mind that each person has different sweat rates and different amounts of sodium in their sweat. Some people are saltier sweaters than others. In each case, it is important to start learning your individual needs by putting hydration into your training regimen.

NUTRITION PLAN PREPARED BY:



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PREVENT DEHYDRATION

TIMING	AMOUNT
Pre-Exercise: 1-2 hours before	17 – 20 oz of fluid
Immediately before	7-10 oz of water or *sports drink
During: Every 10-15 minutes	7-10 oz or 4 to 6 gulps of water or *sports drink
Post Exercise	Drink 16 to 24 ounces for every pound lost

EXAMPLE:

Body weight (160 lbs.) divided by 2 = equals 80 oz. of fluid [just over $\frac{1}{2}$ gallon] per day minimum.
On a more active day, you would be closer to the higher end of 160 ounces fluid per day
This is just over 1 gallon per day



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