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## Eating To Perform

*By Sophie Braccini*

Jenna A. Bell, Ph.D., R.D., C.S.S.D., and author of *Energy to Burn*, participated in the Saint Mary's College annual free athletic performance colloquium.

Bell made her presentation during the Graduate Kinesiology Program four-day class called "Human Performance: Building the Ultimate Athlete," at Saint Mary's College June 13-16. The colloquium covered areas for improving athletic performance including: proper hydration; nutrition; stretching and warm up preparation; and sleep.

Bell addressed proper nutrition and proper hydration in her presentation.

She said that trial and error is the best strategy for determining proper nutrition for athletes since each person reacts differently to various food intake. She still gave recommendations for carbohydrates and proteins.

Bell said whole grain, vegetables, fruits and beans for the carbohydrates, fish, poultry, beans, eggs and low fat dairy for the proteins, vegetable oils, nuts, seeds and avocados for fats and supplements like vitamins B, C, D, calcium and iron.

"What is important for athletes is to fuel before, during and after exercise," she said. According to Bell, the carbohydrate intake should start two-to-three days prior to competition.

Bell spoke about the importance of eating after workouts as equally critical. She noted that food should be consumed within half hour after the action: "It is critical to glycogen replenishment."

Bell also emphasized the pivotal role of proper hydration in increasing performance. "Start your exercise or event fully hydrated, re-hydrate all along the exertion period, and continue to drink while you recuperate," she said.

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