

NUTRITION

Smart dietary choices can improve your performance

NUTRITIONALLY BALANCED MEALS SHOULD INCLUDE:

45-65% Carbohydrates (4 calories/gram)

Carbohydrates provide your body's main source of energy

Good sources:

- Whole grains (breads, rice, pasta, cereal)
- Whole fruits and vegetables
- Beans and legumes

10-35% Proteins (4 calories/gram)

Proteins contribute to cell structure, regulate body processes and supply energy

Good sources:

- Fish and poultry
- Lean cuts of red meat
- Dairy (eggs, cheese, milk)

20-35% Fats (9 calories/gram)

Fats contribute to cell structure and supply energy

Good sources:

- Fatty fish (salmon, tuna)
- Vegetable and canola oils
- Avocado and nuts

NUTRITIONAL TIPS TO BRING OUT YOUR BEST COMPETITOR

Before exercise: Meals should be consumed two to four hours prior to exercise and should be rich in complex carbohydrates. Never exercise on an empty stomach.

During exercise: Consuming simple sugars from sports drinks, gels and energy bars is encouraged in small, equivalent intervals.

After exercise: Meals should be consumed as soon as 15 minutes after exercise and consist of 200-400 calories.

HOUSTON
Methodist[®]
ORTHOPEDICS &
SPORTS MEDICINE



Houston Ballet



Houston Symphony



Houston Grand Opera

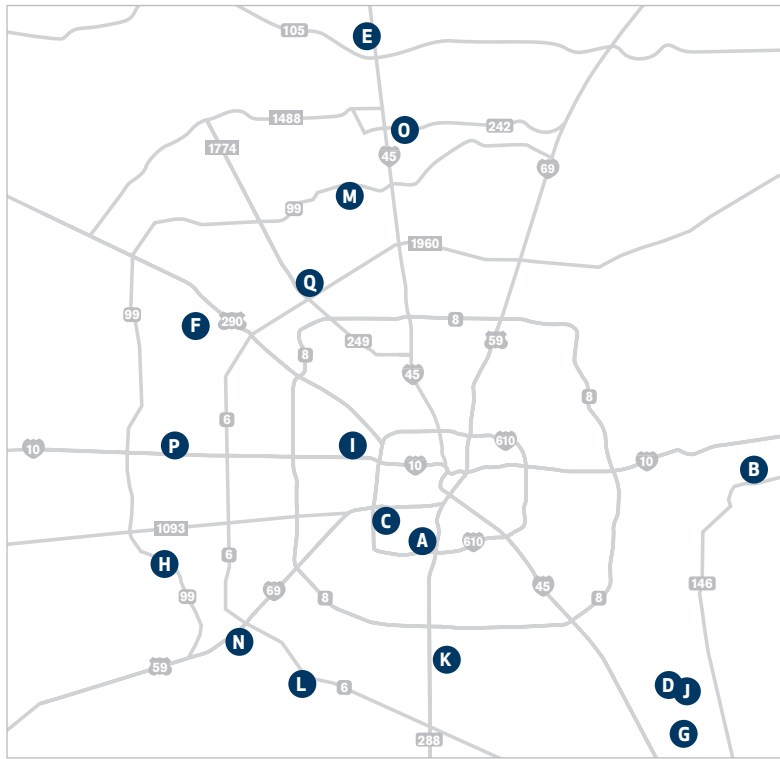


OFFICIAL HEALTH CARE PROVIDER

houstonmethodist.org/orthopedics



OUR LOCATIONS



Houston Methodist Orthopedics & Sports Medicine extends services into the community to meet the needs of our neighbors. With locations throughout Greater Houston, you can receive leading-edge treatment close to home.

houstonmethodist.org/orthopedics

A Texas Medical Center

6445 Main St.
Outpatient Center
Suite 2500
Houston, TX 77030
713.441.9000

6550 Fannin St.
Smith Tower
Suite 2600
Houston, TX 77030
713.790.1818

6560 Fannin St.
Scurlock Tower
Suite 410
Houston, TX 77030
713.441.3535

B Baytown

1677 W. Baker Rd.
Suite 1701
Baytown, TX 77521
281.427.7400

C Bellaire

5505 West Loop S.
Houston, TX 77081
713.441.9000

D Clear Lake

14903 El Camino Real
Houston, TX 77062
713.363.9090

E Conroe

4015 Interstate 45 N.
Suite 110
Conroe, TX 77304
936.321.8000

F Cypress

9915 Barker Cypress Rd.
Building 5, Suite 200
Cypress, TX 77433
281.737.1555

G League City

2220 E. League City
Pkwy., Suite 200
League City, TX 77573
713.363.9090

H Long Meadow Farms

7790 W. Grand Pkwy S.
Suite 100
Richmond, TX 77406
281.690.4678

I Memorial City

9090 Katy Fwy.
Suite 200
Houston, TX 77024
713.441.9000

J Nassau Bay

2020 Nasa Pkwy.
Suite 230
Nassau Bay, TX 77058
713.363.9090

K Pearland

8520 W. Broadway St.
Suite 100
Pearland, TX 77584
713.790.1818

L Sienna Plantation

8330 Hwy. 6
Suite 110
Missouri City, TX 77459
281.690.4678

M Spring

7105 FM 2920
French Quarter
Spring, TX 77379
281.737.0902

N Sugar Land

16811 Southwest Fwy.
Suite 200
Sugar Land, TX 77479
281.690.4678

O The Woodlands

17183 Interstate 45 S.
Medical Office Building 1
Suite 210
The Woodlands, TX 77385
936.321.8000

P West Houston-Katy

18400 Katy Fwy.
Medical Office Building 1
Suite 200
Houston, TX 77094
832.522.8280

Q Willowbrook

13802 Centerfield Dr.
Suite 300
Houston, TX 77070
281.737.0902