EXERCISE, CALORIES, AND PROTEIN
Why do I need additional calories, protein and water when I exercise?

Understanding what happens to your body when you increase your activity level

| Activity level	Possible outcome
Daily routine: brush teeth, go to school, sleep, and eat your meals	If **<u>adequate</u>** calories/protein/water for daily routine: Hydrated No Muscle Breakdown Supports Growth & Energy Blood Levels: Within Treatment Range
Daily routine + Exercise	If **<u>not enough</u>** calories/protein/water for daily routine AND exercise: **Dehydrated** **Muscle Breakdown** **Poor Energy** **Blood Levels: Not in Treatment Range**
Daily routine + Exercise	If **<u>extra</u>** calories/protein/water to support daily routine AND exercise **Hydrated** **Maintain Or Build Muscles** **Supports Growth, Energy and Performance** **Blood Levels: Within Treatment Range**

* Blood levels: refers to the amino acid that is being controlled by diet/medication

❖ All day your body is burning the calories you get from food. When you start to exercise you need more calories to protect your energy and protein level in the body.

❖ If you do not eat enough calories your body will start to break down muscle for energy instead of building muscle, which breaks down amino acids (**AA**) into blood.
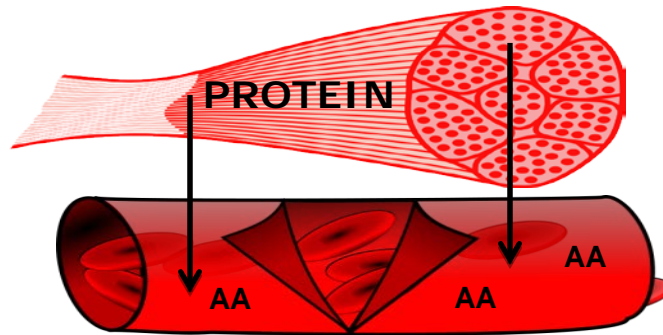
❖ Protein is important to help build and repair your muscle after you exercise.

❖ If adequate protein, calories, and water are consumed before and after exercise, your body shouldn't need to breakdown its own muscle. This gives your body enough energy to recover and refuel.

Levels Within Treatment Range
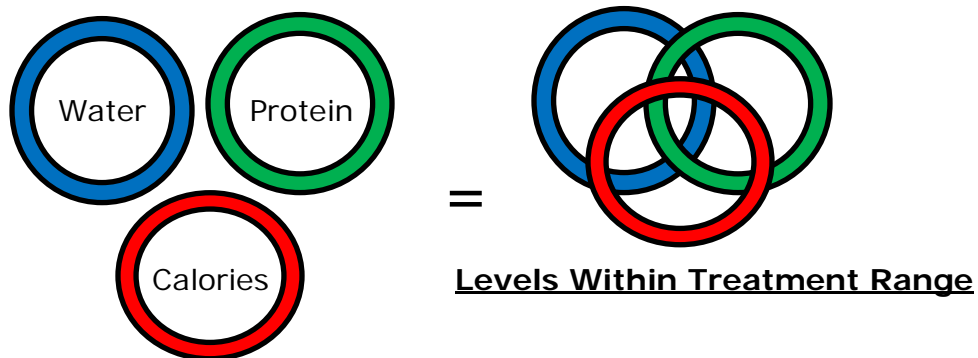
❖ How do I increase calories and protein with my diet restrictions?
  o Take extra medical formula before/after practice or a game
  o Add healthy oils to food- coconut and olive oil
  o Pack extra low protein food snacks during the day
  o Eat an extra serving of fruits and vegetables at every meal
  o Mix up batch of your favorite low protein trail mix: GORP Recipe

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- ¼ cup (10g) Honey Grahams cereal
- 12 (15g) Gluten Free Pretzels
- ¼ cup (30g) Dried Cranberries
- 4 pieces (24g) low protein mini chocolate bars

Combine all ingredients and enjoy!   **Protein** = 0.7 g