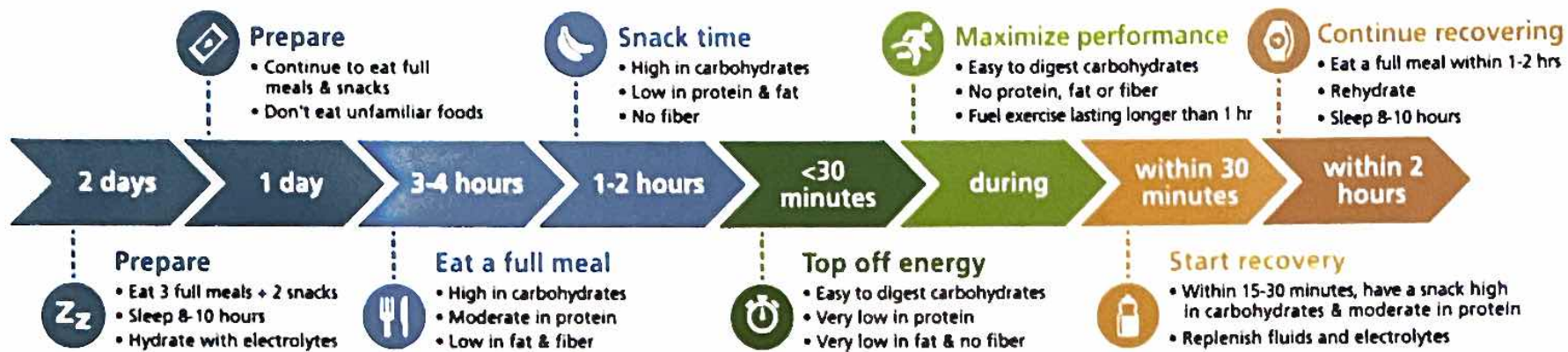


Eating for Competing: Fueling For Competition



Before

Why:

- Top off energy stores
- Prevent hunger
- Reduce fatigue

Do:

- Eat a snack before early morning workouts
- Focus on carbohydrates; #1 energy source for brain & muscles
- Drink 2-3 liters of fluid daily

Food Ideas:

- Turkey & cheese with crackers & fruit
- Peanut butter & banana on white bread
- Yogurt & granola with fruit

Don't:

- Skip meals or snacks
- Eat unfamiliar foods
- Eat high protein, high fiber spicy or high fat foods
- Rely on a pre-workout supplement for energy

During (Events longer than 1 hour)

Why:

- Prevent fatigue
- Maximize performance

Do:

- Consume easy to digest carbohydrates at breaks and/or haltime
- Maintain hydration and energy with a sports drink
- Mix whole foods with 'sports food' to decrease chances of stomach upset

Food Ideas:

- Orange slices
- Granola bar
- Applesauce
- Sports drink
- Pretzels
- Gu or chews
- Dried fruit
- Fig Newtons
- Banana
- Goldfish

Don't:

- Eat high fat or high protein
- Eat unfamiliar foods

After

Why:

- Repair & build muscle
- Replenish energy stores
- Rehydrate
- Rest—avoid over-training

Do:

- Recognize the importance of this timeframe if competing the next day or in the next couple hours
- High carbohydrate snack within 15-30 minutes, and full meal within 1-2 hours
- No appetite post competition? Drink your carbs & protein to maximize recovery

Food Ideas:

- Chocolate milk & PBJ
- Fruit smoothie with milk or yogurt
- Burrito with rice, beans, and lean meat

Don't:

- Overeat
- Eat only sugary or high fat foods (fast food)

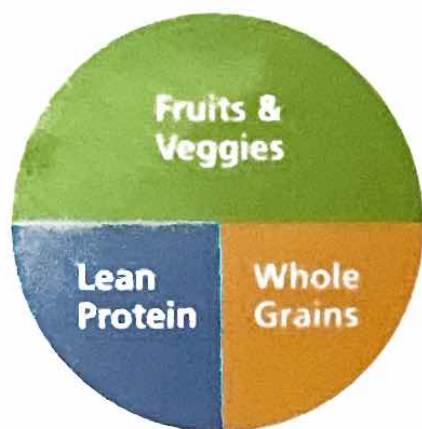
Eating for Competing:

Fueling For Competition



Easy/Rest

● Recovery Day

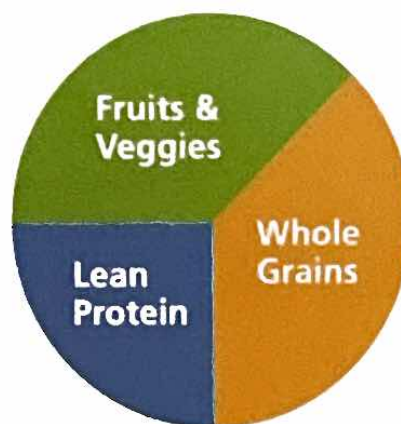


Same as the USDA MyPlate. Fruits and vegetables are important for keeping you healthy and help prevent you from getting sick*. Add flavorless veggies, like spinach, to smoothies, pizzas, pastas and quesadillas to make your meal more nutrient dense.

*Swap fries for apple slices or a salad when eating out

Moderate

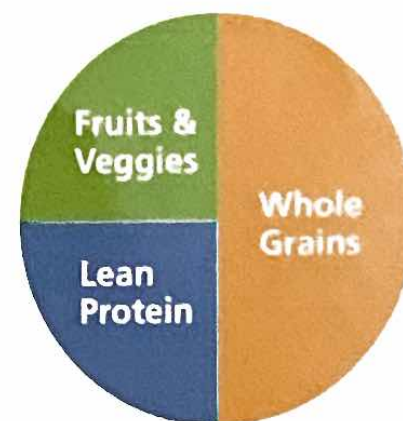
● Daily Training



This is your baseline plate. Remember your nutrient needs change depending on the intensity of your training. Notice the amount of protein stays the same for all 3 plates. Try a new whole grain, like quinoa or brown rice pasta to keep you full longer by adding more fiber to your diet.

Hard*

● Competition Day



This plate ensures adequate energy for competition day. Start eating this way 3-4 days before competition. Then, follow the nutrition guidelines on the other side for competition day.

*If you are struggling to gain or maintain your weight due to heavy training and/or high calorie needs, follow this plate everyday and don't skip meals or snacks

For additional questions about sports nutrition, please call **435-333-3535**.