

COMPETITION DAY FUELING GUIDE

FUELING BEFORE THE GAME

What?

Making sure that you are getting your pre-competition nutrition means that you have properly fueled the body for the physical activity to come. Focus on carbohydrates (CHO's)! Eating an adequate amount of CHO's daily will ensure that your muscles are fueled and ready to go. A CHO-rich snack or meal before exercise tops off your fuel tank so you have the energy to perform! If whole food can't be tolerated pre-activity, liquid meal replacement can be an option.

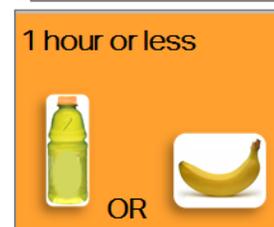
Why?

Your energy stores can be quickly depleted in high-intensity intermittent sport. If you are not properly fueled at the start of the game, performance may be reduced and fatigue will have an early onset. A CHO-rich snack within an hour of your workout keeps you from feeling hungry, maintains blood sugar levels, helps fuel your brain keeping mentally alert, and gives you some glucose (energy) to minimize depletion of your stored fuel.

Pre- Competition Fueling Tips

- + Limit high fat and high fiber right before - they take longer to digest and can leave you "feeling heavy" (i.e. cheese omelet, hamburger, and fried chicken).
- + Be careful with sugary foods & beverages. These spike your blood sugar and cause a quick crash.
- + Experiment with items during practice to find the best pre-exercise food item for your body.
- + Fuel your muscles early with easily digestible CHO-rich foods and beverages for training or competition later in the day.

When and How?



Fluids

It's important to start your workout hydrated. 2-3 hours before competition or a workout, consume 2-3 cups (20oz) of fluid, preferably water. High-intensity exercise, like soccer can lead to an increase in core temperature. This can lead to decreased performance. Hydrate as often as possible during games with a sport drink and water. Sports drinks provide fluid, CHO's, and electrolytes lost during activity.

FUELING DURING THE GAME

What?

Proper fueling during and in-between games helps replenish carbohydrates and hydration levels to maintain optimal performance. Athletes that aren't appropriately fueled don't perform as well as those who are refueling with high-CHO snacks.

Why?

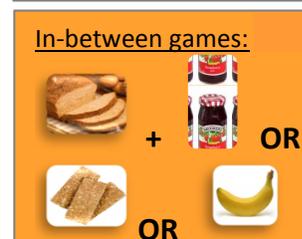
CHO's, fluid, and electrolytes levels are quickly depleted in sport. Replenishing these nutrients is going to play a huge part in performance, especially during multiple game events. Excessive fluid loss (>2% body weight lost) through sweat can cause fatigue and impaired performance. Restoring CHO stores can be crucial in maintaining and extending performance in multiple game events. Carbohydrate is your primary fuel source during high-intensity, stop and go movements.

When and How?



In-Between Games Fueling Tips

- + Start with a full tank. Begin exercise well hydrated and with adequate fuel (carbs).
- + Try new products and foods during training sessions to determine the type, amount, and timing of foods fluids that work best for you.
- + Consume fluids early and consistently to replace sweat losses.



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FUELING AFTER THE GAME

What?

Post competition nutrition serves to help your body recover from the bout of intense activity. Post-Workout recovery happens with the 3 R's: refuel, rebuild, rehydrate. A combination of carbohydrates, protein, and fluids with electrolytes give your body the ingredients needed to recover. These are crucial to get in ASAP after ending a game because the athlete's body is under-fueled, dehydrated and breaking down muscle tissue.

Why?

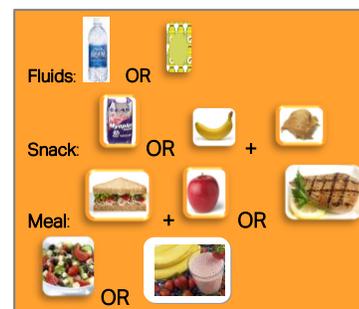
- + **Rehydrate** – Restoring the fluid and electrolytes (sodium and potassium) lost in sweat so one doesn't become dehydrated.
- + **Refuel** – Replacing muscle fuel (carbohydrates) used during activity helps restock the fuel to prepare for the next bout of activity.
- + **Rebuild** – Protein aids in the repair of damaged muscle tissue and stimulates development of new and stronger tissue.

When and How?

Begin your recovery nutrition with a snack or meal within 10-30 minutes following practice or competition.

Post-Competition Fueling Tips

- + If you have 2 sessions per day or your next training session is within 8 hours, recovery nutrition is crucial
- + If you do not have an appetite following a session, choose liquid foods that meet your recovery goals (i.e. recovery shakes)
- + If possible, make your recovery snack or meal a 2 to 1 ratio of carbohydrates to protein (i.e. 30g carbohydrates to 15g protein.)



FUELING ON THE ROAD

Apply What You Know!

Remember to eat balanced meals like you would at home! Carbohydrates to fuel your muscle energy stores; coming from whole grains, fruits and vegetables. Protein to help with muscle recovery and repair, good examples of 'Power Proteins' are: lean fish, chicken, red meat and legumes. Fats to help meet energy needs and keep our bodies running, good examples of 'Fantastic Fats' are: nuts, seeds, olive oil, flaxseed, and avocado. Fluids help to maintain hydration levels and replace lost fluid during activity and travel.

Have a Plan

- + Become familiar with places that provide healthy options and the nutrition information.
- + Eat by cuisine!
 - o Mexican: tacos or burritos with grilled veggies, chicken, fish or steak.
 - o Sandwich shops: Customize your sandwich to meet your needs and pack on the fresh veggies.
 - o Fast food: grilled chicken sandwiches, veggie burgers, fresh fruit as a side, and salads with dressing on the side, and low fat vegetable soups.

Tips for Fueling on the Road

- + Choose places that allow substitution if the items do not meet your needs.
- + Tailor your meals - specify baked, broiled, grilled and dressings or sauces on the side
- + Watch out for words like creamy, crispy and fried. Chances are they will not meet your high performance eating needs.

Pack Your Own Snacks

- Trail mix with dried fruit and beef jerky
- Fresh fruit and vegetable slices
- Bagel or toast with nut butter
- Dry cereals
- Sports bars (i.e. Lean 15)
- String cheese and low fat yogurt
- Peanut butter and jelly sandwiches
- Pretzels with nut butters
- Nuts and seeds