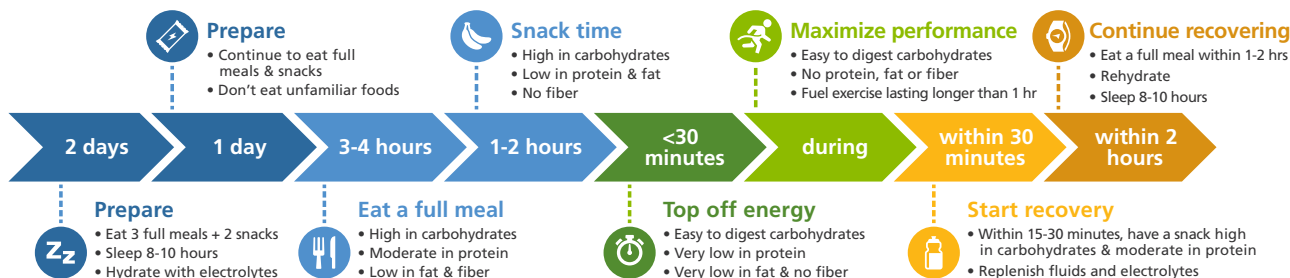


Eating for Competing:

Fueling For Competition



Before

Why:	<ul style="list-style-type: none"> Top off energy stores Prevent hunger Reduce fatigue
Do:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Turkey & cheese with crackers & fruit Peanut butter & banana on white bread Yogurt & granola with fruit
Don't:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Prevent fatigue Maximize performance
Do:	<ul style="list-style-type: none"> Consume easy to digest carbohydrates at breaks and/or halftime Maintain hydration and energy with a sports drink Mix whole foods with 'sports food' to decrease chances of stomach upset
Food Ideas:	<ul style="list-style-type: none"> Orange slices Granola bar Applesauce Sports drink Pretzels Gu or chews Dried fruit Fig Newtons Banana Goldfish
Don't:	<ul style="list-style-type: none"> Eat high fat or high protein Eat unfamiliar foods

After

Why:	<ul style="list-style-type: none"> Repair & build muscle Replenish energy stores Rehydrate Rest—avoid over-training
Do:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Chocolate milk & PBJ Fruit smoothie with milk or yogurt Burrito with rice, beans, and lean meat
Don't:	<ul style="list-style-type: none"> Overeat Eat only sugary or high fat foods (fast food)

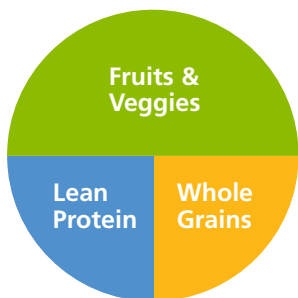
Eating for Competing:

Fueling For Competition



Easy/Rest

● Recovery Day

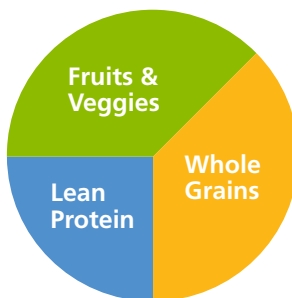


Same as the USDA MyPlate. Fruits and vegetables are important for keeping you healthy and help prevent you from getting sick*. Add flavorless veggies, like spinach, to smoothies, pizzas, pastas and quesadillas to make your meal more nutrient dense.

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

Moderate

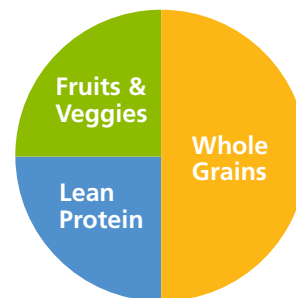
● Daily Training



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 email SportsNutrition@imail.org or call 801-314-4038