

# Eat to Compete

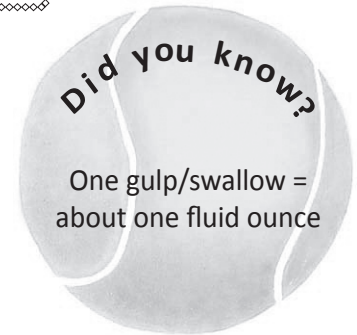


## Timing Meals and Snacks to Maximize Performance

### BEFORE Training and Competing

#### Get HYDRATED

- Start hydrating 24–48 hours prior to exercise. Ideally, you should stay hydrated daily
- Check urine color: light lemonade color = well-hydrated  
apple juice color = drink more fluid
- 2–3 hours before exercise: Drink 14–20 fl oz of water
- During active warm-up: Drink another 8 fl oz, about 8 swallows/gulps



#### Pre-FUEL Your Body and Muscles

- 2–4 hours is ideal for digestion before exercise. If practice is after school, eat a large breakfast and lunch.
- If you are short on time, liquid meals can be handy.
- Eat a high-carb snack 30–60 minutes before exercise to top off fuel stores (like a granola bar, fruit or trail mix).

#### 2–4 Hours Before Training and Competition (use this chart to determine your carbohydrate needs)

2 Hours: 0.9g carbs x weight (lb) = ____grams	Meals should be low-fat and low-fiber Choose familiar foods and fluids  Examples:    1 bagel                    55-65g 1 fruit                                25-30g 1 8oz. smoothie                35-40g
4 Hours: 1.8g carbs x weight (lb) = ____grams	



#### High carbohydrate pre-practice and competition meals

(Meal amount depends on personal carbohydrate needs)

Cold or hot cereal with low-fat or nonfat milk and fruit
Toast with peanut butter and jam or honey, and low-fat yogurt
Breakfast burrito (scrambled eggs, salsa, and cheese in a flour tortilla) and fruit juice
Bagel or english muffin with jelly and/or peanut butter, banana, and fruit juice
Turkey sub sandwich with tomato, lettuce, mustard, baked chips, fruit juice, and low-fat frozen yogurt
Pasta or cheese ravioli with low fat, tomato-based sauce, breadstick, steamed vegetables, low-fat/nonfat milk, pudding snack, and fruit
Thick-crust cheese pizza, low-fat gelato, and canned peaches
Baked or grilled chicken, turkey, lean beef, or fish, steamed rice, dinner roll, cooked green beans, fresh fruit, and low-fat milk
French toast or pancakes with maple or fruit syrup, low-fat milk

## **DURING Training and Competing**

### **Stay HYDRATED**

- Drink at least 16 fl oz of water or sports drink each hour.
- In hot/humid environments use a sports drink when exercising more than one hour.
- Calculate your sweat-rate using online sweat-rate calculators so that you know exactly how much fluid to consume during exercise.



### **FUEL Your Body and Muscles**

- Be sure to get 30–60 grams of carbs per hour (for exercise lasting 1-2 hours) to help delay fatigue and improve your performance.
- Get your carbs from easy-to-digest sources such as granola bars, sports drinks, gels, energy chews, and fruit.

<b>Examples of High-Carbohydrate Fuel</b>	<b>Grams Carbohydrate</b>
Fresh Fruit (single serving)	25–30g
Sport Drink (16oz)	35–40g
Chewy Granola Bar	15g
Yogurt Smoothie (8oz)	35g
Energy Bar	40–50g
Energy Gels	15–20g

## **AFTER Training and Competing**

Your recovery plan starts immediately when you finish exercising!  
Consume food and fluid within 30 minutes of exercise.

### **Get Re-HYDRATED**

- Weigh yourself before and after exercise. For every pound you lose, drink 16–24 fl oz.
- GRAB YOUR WATER BOTTLE AND GET DRINKING!

### **Re-FUEL Body and Muscles**

- Eat a combination of carbohydrates and proteins immediately after exercise to refuel properly for the next days exercise session.
- Use the chart on the next page to determine your needs.



**“Bookend your workouts with food and fluid. This fueling plan is key to a winning performance.”**

**-Emily Edison, M.S., R.D.,  
WINForum Sports Dietitian**



## RECOVERY RE-FUELING PLAN

Time and Type of Meal		Grams of Carbs	Protein	My Plan
Within 30 minutes	Quick snack of carbs and protein <b>AND</b>	0.5g carbs x weight (lb) = _____ g	grams of carbs ÷ 3 = grams of protein	
Within 2 hours	Mixed meal with carbohydrates, protein and healthy fats	0.5g carbs x weight (lb) = _____ g	grams of carbs ÷ 3 = grams of protein	
Examples of High Carbohydrate/Moderate Protein Snacks: <ul style="list-style-type: none"> <li>• Bagel with string cheese</li> <li>• Peanut butter and jelly sandwiches</li> <li>• Salted pretzels</li> <li>• Fresh and/or canned fruits</li> <li>• Frozen fruit smoothies</li> <li>• Frozen yogurt</li> <li>• String cheese and crackers</li> <li>• Low-fat chocolate milk</li> <li>• Half of a ham sandwich</li> </ul>				

## MY FUELING PLAN

	Carbohydrates	Protein	Fluids	My Personal Plan
Before Training and Competition	2-4 hours: _____ g <b>AND</b> < 1 hour: 40–60 g	Moderate amount of protein in meal prior to exercise and competition	Hydration plan begins 24–48 hours in advance	Write the foods you will choose here.
During Training and Competition	30–60 grams per hour	Not required	At least 16 fl oz per hour Avoid losing more than 2% of your body weight	
After Training and Competition	Within 30 minutes: _____ g <b>AND</b> Within 2 hours: _____ g	<u>ENDURANCE TRAINING:</u> Approximately 10–20g <u>RESISTANCE TRAINING:</u> Approximately 20–40g	Replace each pound lost with 24 fl oz Drink until urine is light lemonade color	

### My Grocery List: