

Competition Nutrition

Fluid

Goals of competition nutrition:

- Fuel the body for longer distance sports events
- Re-hydrate
- Sustain energy levels

Consume around 25 oz of fluid per hour

Post-competition

Around 1-2g carbohydrates per 2.2 lb of body weight should be consumed straight away followed by a larger carbohydrate meal in the next 2 hours (if your weight is 180 lb you need around 3-6 oz of carbohydrates)

Goals of post-competition nutrition

The main aims of post competition nutrition is to:

- Replenish glycogen stores by having a carbohydrate snack and meal post exercise
- Rehydrate the body with fluids and electrolytes
- Repair muscle damage by providing adequate nutrients

Post competition meal ideas

Example of 100g of carbohydrate and 15g of protein:

25 oz powerade almost 50g carbohydrate
1 banana 30g carbohydrate
13 oz flavoured milk 20g, 15g protein

Example of 110g of carbohydrate and 15g of protein:

2 slices white bread + 1 Tbsp honey 60g carbohydrate, 5g protein
1 fruit yoghurt 20g carbohydrate, 7g protein
1 banana 30g carbohydrate



Cross- Country
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to maximize your
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Diet for Athletic Performance

Goals of pre-competition nutrition

Ensure the body is optimally hydrated
Top up muscle and liver glycogen store, as well as blood glucose
Prevent hunger during training and competition
Prevent stomach upsets.

When preparing your pre-competition meal, try to consider how long you have until your event or training. You should be eating about 3 hours before your event, leaving enough time for digestion and nerves to settle down. This means getting up a little bit earlier or preparing your meal the night before. Some athletes experience some gastrointestinal problems (e.g. stomach upsets), therefore practicing your precompetition foods before a major event is very important. Adequate hydration is equally important is well, making sure you have had enough fluids before an event including the days leading up to the day.

What should my pre-competition meal consist of?

Pre-competition meals should consist primarily of complex carbohydrates, mainly coming from whole grains, cereals, fruits, breads, pasta, and vegetables.

Try and keep fats and oils to a minimum (e.g. no butter, use low-fat milk and avoid fried breakfasts). This will avoid stomach upsets later on, as both fats and oils leave the stomach last and slow down the stomach emptying time of other nutrients needed for energy.

Reduce your fiber intake by choosing low fiber foods such as white rice, pasta, breads, cereals, and soft fruits.

Before and event, try to drink at least 2 glasses of fluid with your pre-competition meal (around 16 oz.) and then continue to drink until competition, especially when it is hot.

Pre-competition meal ideas

2 english muffins with 1 tsp jam, or honey on each piece of muffin

20 oz sport drink or water

2 1/2 oz plain breakfast cereal, 1 medium banana

7 oz low fat milk

Other ideas include:

Plain breakfast cereal e.g. cornflakes or nutrirgrain with low fat milk, yogurt and fresh fruit.

Pasta or rice with a tomato based sauce

White toast with low fat spreads or baked beans and spaghetti

Fruit salad and low fat yogurt.

Athletes come in different sizes and shapes, and follow different types of training programs. While they may all follow these nutritional rules, their meals may look quite different. Athletes who train strenuously for many hours each day will need to eat large amounts of carbohydrate and calories. Big tall athletes will need to eat more than petite athletes such as gymnasts. Many athletes need to organize their meals to fit around their training or competition schedules.

Keep yourself in shape with a body fat level that suits your sport--eat the right amount of calories for your body size and training program.

Keep your muscles fueled up for training and competition by eating plenty of carbohydrate foods. Make room for these foods by reducing the amount of fat.

Enjoy a variety of nutritious foods to provide yourself with all the protein, vitamins, and minerals that your body needs. Your need for some of these nutrients will increase because of your heavy exercise program.

Look after fluid needs. Drink before, during, and after exercise sessions to prevent yourself from becoming dehydrated.

For more information go to:
<http://usm.maine.edu/athletics/>