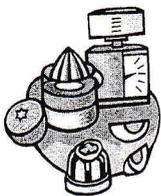


Competition Eating



Objective/Purpose

- The competition snack is a mini version of the pre-event meal
- It should be a small, quickly digested, familiar meal containing plenty of fluids
- This is really only needed in endurance events or day-long tournaments

Mid-Competition Snack

- Adequate fluid content, high in carbs
- Foods that leave the stomach quickly
- Pre-planned portable snacks/sports bars/granola bars

Sample Mid-Competition Snack

"A-Meal-In-Itself" (mix the following together)

- 1 serving of a commercial meal replacement
- 45 mL (3 Tbsp) skim milk powder
- 75-125 mL (1/3-1/2 cup) plain or frozen yogurt or sherbet
- 75-125 mL (1/3-1/2 cup) fruit juice
- Fresh or frozen fruit (banana, strawberries, blueberries)

or

- fig newtons or, low-fat granola bars and 250-500mL of water

Post - Event Eating



Objective/Purpose

- After rigorous training and competitions, the body must be refueled to combat fatigue and to not jeopardize further performance
- Recovery nutrition is particularly important during consecutive days of training and/or competition



Post-event Meal

- The post-event meal should replace fluid and electrolyte losses, replenish glycogen stores and prevent low blood sugar

Sample Post Event Meals

- 1 Tuna Sandwich
- 1 Piece of Fruit (apple/pear)
- 250-500 mL (1-2cups) Juice (apple/orange)
- 250-500 mL (1-2cups) Cold Water

Guidelines for the Post-Event Meal

• **Carbohydrate Feedings after Exercise**

Both liquid and solid carbohydrate feeds are equally effective in promoting glycogen repletion following exercise. Liquid may be the initial preferred form because it is rapidly digested and absorbed (also encourages re-hydration).

• **Re-hydrate with Plenty of Fluids**

Fluids such as diluted fruit juices, sport drinks and water are appropriate for re-hydration after activity

• **Timing**

The post-exercise recovery period may be delayed if a high carbohydrate meal is not consumed within 2 hours of exercise. Muscles are most receptive to energy replacement when consumed within 15 minutes of exercise completion. Therefore, drinking something like 250 mL of orange juice 15 minutes after exercise would be beneficial and then eat a meal within 2 hours.

For more extensive Sport Nutrition Information, contact the SMCA for info regarding purchasing the Sport Nutrition Resource Manual (2nd Edition) or taking a Sport Nutrition Course.



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