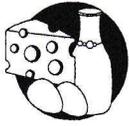


# Nutrition for the Athlete

As an athlete, nutrition plays an important role in your health and it has a huge impact on your performance. Follow the guidelines set out below to help achieve *peak performance!*

## Pre - Event Eating



### Objective/Purpose

- The pre-event meal should be quickly and easily digested, provide adequate hydration and be familiar to the athlete
- This meal helps the athlete avoid hunger and low blood sugar



### Night Before Competition Meal

- Consist of 65% carbohydrate, moderate protein, limited fat and plenty of fluids



### Pre-event Meal

- Should be consumed 2-4 hours prior to competition
- Contain approx. 250-800 calories (65% carbohydrate)

### Sample Night Before Competition Meal

- 250 mL (1cup) Skim Milk
- 250 mL (1cup) Steamed Vegetables
- 750 mL (3cups) Pasta
- 375 mL (1 1/2 cups) Meat Tomato Sauce
- 1 Dinner Roll (5 mL or 1 tsp butter or margarine)
- Tossed Salad (1 Tbsp dressing)
- 500 mL (2cups) Fruit Salad
- 250-500 mL (1-2cups) Cold Water

### Sample Pre-event Meal

- 2 slices bread
- 1 slice Low Fat Processed Turkey Meat without skin
- 5 mL (1 tsp) margarine or butter
- 1/2 leaf of lettuce
- 1 Apple
- 1 Banana Muffin
- 250 mL (1cup) Tomato Juice
- 250-500 mL (1-2cups) Cold Water

## Guidelines for the Pre-event Meal

### • High in Carbohydrates

Foods such as bread, pasta, cereals, grains, rice, canned or fresh fruit are good sources of carbohydrates.

### • Fluids

Liquids such as water, diluted fruit juices or drinks, low fat milk, and sports drinks are recommended to promote adequate hydration.

### • Moderate Protein

Protein takes longer to empty the stomach than carbohydrates. Avoid high fat meats such as regular hamburger, hotdogs, deli meats etc. Good choices include lean meats, tuna or poultry, and low fat dairy products.

### • Low in Simple Sugars

Foods that are high in simple sugars may cause diarrhea or cramping. Examples of simple sugars are; honey, regular soft drinks, syrups, candy bars, and table sugar.

### • Low in Fibre and Fat

High fibre foods may give the athlete the feeling of "heavy or full". Examples of high fibre foods are; bran muffins, cereals, beans, lentils etc. Raw veggies or fruits with tough skins may also not be advisable. Fat takes longer to leave the stomach than both carbohydrate and protein therefore limit the amount of butter, mayonnaise, salad dressings, peanut butter, fried or commercial foods.

### • Low in Alcohol, Salt, and Caffeine

Salt, sodium, and alcohol can lead to dehydration. Caffeine causes frequent urination and can cause spasms in the intestine resulting in discomfort and impairing coordination.