

NUTRITION FOR PRE/POST EVENT MEALS

- A basic well-balanced diet is composed of 60-65% carbohydrates, 20-25% fats, and 10-15% of protein.
- The meals should be light and contain 500-600 Calories.

Example 1	Example 2
1 cup low-fat yogurt, 1 banana, 1 toasted bagel, 1 ounce of turkey breast, ½ cup of raisins	Orange juice, 1 bowl of oatmeal, 2 pieces of toast w/jelly, sliced peaches w/skim, milk

- Meals should be eaten 3-4 hours before competition, so the stomach is relatively empty and there will be minimal hunger sensations. Also, pre-competition anxiety may cause an increased digestion time
- The meal should mainly consist of complex carbohydrates such as pasta, cereal, bagels, bread, crackers, and potatoes. These foods should be ones that you have tolerated prior to practice and should not be fried.
- Meals need to be low in fats and protein. Foods high in fat (peanut butter, fried foods, burgers, etc) may feel heavy in the stomach and be uncomfortable.
- **AVOID** food and drinks that contain significant amounts of caffeine such as cola drinks, coffee, chocolate, and tea. Also avoid raw vegetables and fruits, beans, salad, candy, and sugar.
- **Meals should not be skipped.** If the event is in the morning eat a pre-event meal similar to breakfast. If the event is early to mid afternoon eat a substantial breakfast and a pre-event meal for lunch. If the event is in the later afternoon, eat a substantial breakfast and lunch and a snack. If the event is in the evening, eat a substantial breakfast and lunch, and eat a pre-event meal for dinner.

Examples of a meal the night before an event	Examples of Pre-event Snacks
<p>(1) Pasta with marinara sauce, salad with dressing, garlic bread, dessert, and milk.</p> <p>(2) Skinless chicken, 2 baked potatoes or two cups of rice, salad with dressing, rolls, dessert, and milk.</p>	<p>Bananas, oranges, peaches, plums, juices, bread or rolls, rice cakes, jam/honey sandwich, plain crackers, power bars, reduced fat yogurts</p>

- **POST-EVENT MEALS**... should contain the nutrients to replenish what was lost during competition. Potassium and sodium need to be replaced with foods such as

fruits and vegetables. Fluids need to be replenished within two hours after competition.

HYDRATION

- Hydration is the key to optimal performance; fluid intake is based on length and intensity of activity, weather conditions, and individual differences in sweat rates. Water is essential in body functions such as:
 - Transportation of nutrients/elimination of waste products
 - Temperature regulation through sweating
- The best way to prevent dehydration is to pre-hydrate
 - Drink plenty of water throughout the entire day
 - 10-17 fluid ounces 2-3 hours before the event
 - 7-10 fluid ounces 10-20 minutes before the event
 - One fluid ounce is equivalent to one gulp.
- **AVOID** drinks that contain caffeine and alcohol.
- Drink cool water. Water that is at a temperature of 60-65 degrees Fahrenheit is easier for the body to absorb.
- Replenishment of fluids is very necessary to replace two cups of fluid for every pound lost.
- **TO MONITOR HYDRATION:**
 - Urine color = apple juice/dark colored urine means that the body is dehydrated.
 - You can also monitor hydration through body weight measurement; your weight should be back to baseline prior to the next practice or game.
- Water is the best source, but a sports drink is acceptable when exercising more than 1 hour.
- The guidelines below are highly recommended in keeping hydrated:
 - Drink before thirsty
 - Gulp don't sip
 - Avoid Caffeinated or carbonated drinks
 - Night before activity drink 16 oz of water
 - Drink another 16 oz upon waking
 - Should drink water or sports drink every 10-20 minutes during activity
 - Drink 20-24 oz after activity has ended or use number of pounds weight lost to calculate exact needs.

