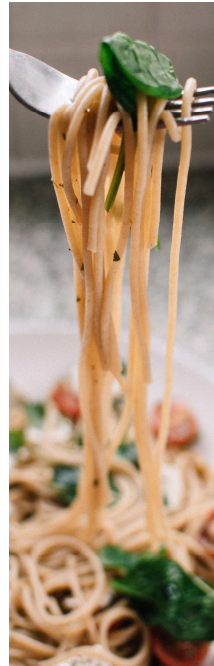




NUTRITION GUIDE

DURING SEASON

- Complex carbohydrates should be about ½ of meals (fruits, vegetables, whole grain breads and oats, quinoa)
- Simple carbs directly before, during, & after workouts (pretzels, honey, fruit)
- Post-work out snack: within 15-30 minutes, eat foods high in protein and carbs (chocolate milk, hummus and crackers, yogurt, eggs, peanut butter smoothie)
- Hydrate, hydrate, hydrate



IDEAS & EXAMPLES

PRE-TRAINING SNACKS

- Apples & peanut butter
- Protein shakes/yogurt
- Sweet potato
- Bananas
- Avocados

NIGHT BEFORE COMPETITIONS

- Brown rice & chicken
- Whole wheat pasta, tomatoes, walnuts
- Sweet potatoes w/ feta, quinoa, spinach, & orange slices

MORNING BEFORE COMPETITIONS

- Oatmeal w/ berries & nuts
- Protein smoothie, whole wheat toast w/ nut butter

BETWEEN EVENTS

- Sport gels
- Pasta salad
- Unsalted nuts/seeds & fruit
- Smoothies
- Hummus & whole wheat pita

1-2 DAYS BEFORE COMPETITION

- Eat smaller meals, more often (avoid large meals)
- Stick to familiar foods
- Increase complex carbohydrates, decrease high fiber
- Hydrate, hydrate, hydrate



RACE DAY — REST, REFUEL, REHYDRATE

- High carbohydrate meal 2-4 hours before competition
- Carbs are the main focus but small amounts of protein should also be added
- Avoid slow-to-digest high fat foods (bacon, sausage, hamburgers, cheese omlets)
- Snack on low-fat, high-carb, simple sugar snacks throughout meet (bananas, honey/jam sandwich, trail mix)

