

## Fueling for Competition

*Nutrition and consuming a balance diet is key to being able to perform at your best when it comes to practice and competitions. But what is best for you? Here are some tips to help you fuel your body the best.*

### Pre-Competition Nutrition

#### *Night Before*



Meat and Vegetable Stir Fry with Rice



Healthy Tacos



Meat with  
Vegetables and  
Potatoes



Seafood and  
Vegetables

#### *Morning Of (one of these food items or a combination)*



Granola and Yogurt



Toast with Peanut Butter



Oatmeal



Fresh Fruit



Smoothie

#### *Lunch Of (depending on when your game time is)*



Meat and Vegetable  
Wrap



Meat Sandwich with  
Vegetables and Fruit



Pasta Salad  
with Vegetables  
and Fruit



Salad with Meat  
and Vegetables

*In-Between Games (Healthy Snacks)*



*Post-Competition*

Within 30 minutes of ending competition



Sports Nutrition Bar



Banana (Fruit)



Small Sandwich



Water

Post-Competition Meal (within 2 hours of ending competition)



Spaghetti



Seafood and  
Vegetables



Meat with  
Vegetables and  
Potatoes



Pizza with Chicken  
Vegetables

## Eat THIS Not THAT

	
	
	
	
	
	
	

**\*\*The "not that" foods are okay to eat occasionally, but they should not be the main foods in your day to day diet. Therefore, try to substitute them with the "eat this" foods to make healthier choices.\*\***

## Hydration

*Getting tired early and not being able to compete at your best are signs of dehydration. Just being thirsty is not a good sign to let you know if you are dehydrated or not.*



### **Pre-Competition**

12-24oz of water 2 hours before practice/games/competition

*If you can, drink another 8oz 15 minutes before the start of your practice/game/competition.*



### **During Competition**

8-10oz every 15minutes.

A way to do this, every time there is a break in practice/games/competition take a few sips of water. This will ensure that you are drinking enough water while being physical active.



### **Post Competition**

The more you sweat, the more water you need to drink. At least drink 12-24oz of water post practice/game/competition. However, if you sweat a lot, aim to drink more than this.

*When you sweat a lot (summer outdoor sports are the most common places this can happen), then also have a sports drink.*

### **When to drink Sports Drinks**

Sports drinks are best to use when you have sweat a lot, as you need to replace electrolytes which are found in these drinks.



### **Examples:**

Summer Games

Flag Football Practice on a very hot day

A long hot Cycle practice or just going out for a long ride

A hot Softball game or practice