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**

<table>
<thead>
<tr>
<th>Eat THIS</th>
<th>Not THAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Snacks</td>
</tr>
<tr>
<td>Fruits</td>
<td>Candy</td>
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<tr>
<td>Water</td>
<td>Sodas</td>
</tr>
<tr>
<td>Grilled chicken</td>
<td>Burgers</td>
</tr>
<tr>
<td>Salad</td>
<td>Ice cream</td>
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</tbody>
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**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 15 minutes.
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