Nutrition

Guidelines for a Balanced Diet

- Eat lots of different kinds of food: vegetables, fruits, fish, meats, dairy produce and grains
- Eat fresh food rather than ready prepared, canned or frozen foods
- Eat a high proportion of complex carbohydrate-rich foods (bread, pasta, potatoes, etc.)
- Grill, steam or bake foods. Avoid boiling or frying
- Avoid fatty meals and sweet and salty snacks
- Check fiber intake by eating whole grain breads, cereals, pastas
- Eat brown rice instead of white rice
- Flavor food with herbs and spices rather than salt
- Drink small amounts of water and fruit juices often

Pre-Competition Meal/Nutrients

The body's energy levels need to be high before training and competition. The high performance diet above will supply this everyday requirement. Athletes are individuals and require different foods; their bodies respond differently to certain foods. Generally speaking, the guidelines below will help your athletes consume the proper nutrients before competition.

- Eat a small, easily digestible meal, usually less than 500 calories
- Eat about 2½-4 hours before competing
- Limit proteins and fats, since they digest slowly
- Avoid foods which form gas in digestive system
- Drink small amounts of water often—before, during and after competing

During Competition Nutrients

- Besides hydration, nutrients are not needed for events that last less than one hour.
- For events that have more than one hour of continuous activity, carbohydrate drinks or fruit will supply the needed energy for continued effort.

Post-Competition Nutrients

- To replenish energy, foods with readily available carbohydrates (fruit, carbohydrate drink, granola bars) should be eaten in small amounts immediately following exercise.
- Throughout the remainder of the day, meals should contain 65 percent complex carbohydrates to replenish energy.