



Sports Nutrition Guide

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What athletes eat and drink before and during a competition can be critical to winning or losing. Read the following guidelines for food / drink intake during a competition.

DINNER.....the night before a competition. Athletes diet should be HIGH in CARBS, LOW in FAT, target is 60-70% carbs, 10-15% protein. This is a very important meal because the main energy reserves are from the previous days meals, not from the pre-game meal or big breakfast the day of the competition.

DRINKS	MEALS	DESSERTS / SNACKS	THINGS TO AVOID:
Apple Juice Orange Juice Vegetable Juice Fruit Juice Water	Spaghetti Tomato Sauce with Meat Rice (steamed or boiled) Lean Meat Fish Poultry Potatoes Cooked peas, beans or lentils Salad (low dressing) Vegetables (fresh or frozen) Pizza, (Cheese & Veggie) Bread, all varieties	Cheese and Crackers Popcorn (no butter) Fruit - fresh or dried Sherbet, 1 scoop Pretzels Plain Biscuits	Nutrient-poor carbs & Fat: Jam Jelly White sugar Marshmallows Jelly beans, candy Chocolate, potato chips, Tacos, nachos Gravy, sauces, salad dressing, butter, margarine Fried Foods

BREAKFAST.....before / during a competition. On most competition days, the breakfast is the pre-game meal. The pre-game meal offers very little for the energy production system, however, it can do a lot of damage if the wrong foods are consumed. It has been suggested that the player enter the game with stomach as empty as possible. When there is food in the stomach, the heart pumps large volumes of blood to the stomach to aid in digestion. If playing or practicing, however, the blood is shunted to the working muscles, therefore stopping the digestive process. This often causes stomach cramps and gas, making the player very uncomfortable.

DRINKS	MEALS	SNACKS	THINGS TO AVOID:
Apple Juice Orange Juice Vegetable Juice Fruit Juice Water Hot Chocolate Milk	Bagels Raisin Bran Toast, 2-3 slices Yogurt Muffin, Bran - Oatmeal Pancakes (low butter / syrup) Bread, all varieties	Fruit bars Fig Newtons Fruit - fresh or dried Raisins Banana	Fried Foods & Fat: Homefries Hash browns Fried / scrambled eggs Bacon, sausage Excess butter / margarine



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LUNCH.....before / during a competition.

DRINKS	MEALS	SNACKS	THINGS TO AVOID:
Apple Juice Orange Juice Vegetable Juice Fruit Juice Water Milk Shake Milk	Sandwich (2oz meat, fish or poultry) Cup of stock soup Bagels Vegetables Bread, all varieties	Fruit bars Fig Newtons Fruit - fresh or dried Raisins Apple Banana Cheese and crackers Pretzels- Saltines	Fried Foods & Fat: Homefries Hash browns French fries Salami, bologna, sausage Hamburgers, hotdogs Excess butter / margarine

PRE-GAME MEALS / SNACKS.....during a competition. The GOAL is:

- An empty stomach and gastrointestinal tract, but enough fuel for the muscles and enough food to prevent hunger.
- A settled stomach and a confident athlete.
- A well hydrated, comfortable athlete.

Why? So that the blood will go to the working muscles, not the digestive organs. Because muscles rely primarily on fuel stored from meals eaten in the days before the competition. Food eaten on the day of the game fuels the brain and keeps the muscles topped up when the competition is long or intermittent. So that pre-competition nerves don't upset the stomach.

DRINKS	SNACKS	THINGS TO AVOID:
Water Apple Juice Orange Juice Fruit Juice	Fruit bars Fig Newtons Fruit - fresh or dried Raisins Apple Banana Saltines Popcorn (no butter)	Fried Foods & Fat: Homefries Hash browns French fries Salami, bologna, sausage Hamburgers, hotdogs Excess butter / margarine

WHAT TO EAT.....1 to 3 hours before a competition.

1 HOUR BEFORE GAME	2 HOURS BEFORE GAME	3 HOURS BEFORE GAME
High Carb, Low Fat, Little Protein, Low Fiber, Primarily Liquid milk and a med banana plain muffin and fruit juice toast with jam and milk	High Carb, Low Fat, Moderate Protein cereal, banana, & milk plain muffin and fruit juice toast with jam and milk	High Carb, Moderate Fat, More Protein sandwich - lean meat, fish, poultry or egg, milk, fruit 2-3 oz of lean meat (not fried), 1 med potato, rice, or pasta, fruit, milk large bowl of cereal, fruit, yogurt, toast, fruit