



# Eat To Compete!



It is important as an athlete to fuel your body throughout the day, with meals and snacks, to be the best you can be at your sport and in life.

The nutrients you get at each meal should come from...

<b>Quality Carbohydrates</b>	Examples: oatmeal, wheat bread, low fat milk, berries, bananas, brown rice, granola, whole wheat pasta, sweet potatoes, oranges, quinoa
<b>Lean Protein</b>	Examples: chicken, turkey, fish, greek yogurt, chickpeas, cottage cheese, string cheese, peanut butter, low fat milk, eggs, nuts
<b>Healthy Fats</b>	Examples: olive oil, salmon, avocados, chia seeds, walnuts, eggs

Make sure to include **fruits and vegetables** to obtain vitamins and minerals!

Focus on including foods with **calcium and iron** for bone health and to prevent tiredness. Listed below are examples of foods containing these.

- Calcium: chia seeds, low fat milk, cheese, yogurt, beans, almonds, spinach, broccoli
- Iron: chicken, turkey, beans, cashews, spinach, eggs, dark chocolate

**Before exercise, avoid foods high in saturated fat (greasy foods) and fiber.** These items often cause stomach discomfort in athletes before competing. **Caffeine, spicy, or hot foods may also cause irritation.** If you don't normally eat/drink these, don't experiment before exercising.

Fluids and sodium lost in sweat need to be replaced. **Make sure to hydrate with water and sports drinks! Add some salt to your foods as well.**

On a day of a practice or meet, this is what a good eating schedule would look like...

<p><b>Pre-Exercise Meal</b> (3-4 hours before)</p>	<p>High in carbohydrates Include a protein Stay low in fat Stay low in fiber Hydrate with water or a sports drink</p>	<p>Example: Pancakes topped with nuts and light syrup Greek yogurt with berries and chia seeds Low-fat milk Water</p>
<p><b>Pre-Exercise Snack</b> (30 min-1 hour before)</p>	<p>Pair carbohydrates with a protein Hydrate with water or a sports drink</p>	<p>Example: Banana and peanut butter Piece of dark chocolate Gatorade</p>
<p><b>During-Exercise Snacks</b> (every 15-20 min after the first hour of exercise)</p>	<p>Small source of sodium-containing carbohydrates + water  OR Small source of carbohydrates + a sports drink</p>	<p>Example: Pretzels and water Granola bar and Powerade</p>
<p><b>Post-Exercise Snack</b> (30 min after)</p>	<p>Pair carbohydrates with a protein Hydrate with water or a sports drink</p>	<p>Example: Crackers, carrots, and hummus Water</p>
<p><b>Post-Exercise Meal</b> (2 hours after)</p>	<p>Moderate amount of carbohydrates Include a protein Include healthy fats Hydrate with water or a sports drink</p>	<p>Example: Chicken Rice Sweet potatoes Spinach salad with tomatoes, cucumbers, onion, and feta with olive oil dressing Water</p>