

Competition Day Fueling Plan for Athletes



The night before

- ✓ Eat a high carbohydrate meal and be sure to drink plenty of water
- ✓ Get at least 7-8 hours of sleep

Teriyaki chicken rice bowl 1-2 cups brown rice 4-6 oz chicken Mixed vegetables Low fat milk	Spaghetti and meat sauce 1-2 cups whole wheat pasta 1 cup spaghetti sauce 3-4 oz lean meat Italian bread Salad with low-fat dressing	Soft tacos 3-4 whole wheat tortillas 1-2 cups rice 3-4 oz lean ground meat or grilled chicken Beans Cheese Corn, lettuce, tomato
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Evening Snack

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|------------------------|-----------------------------|
| Peanut butter sandwich | Low-fat popcorn |
| Yogurt parfait | Pretzels with string cheese |
| Cereal with milk | Trail mix |
| Granola bar | Banana and peanut butter |

4 hours Pre Competition

- ✓ Eat a meal high in whole grain carbohydrates, lean protein, and healthy fat.
- ✓ Be sure to have at least 20 ounces of water

Grilled chicken 3-4 oz grilled chicken Sweet or baked potato with toppings of choice (watch high fat choices) 1 cup vegetables	Grilled fish 3-4 oz grilled fish 1-2 cups mashed potatoes 1 cup vegetables	Sandwich 3-4 oz ham, turkey, chicken or roast beef sandwich on whole wheat bread Baked Lays or pretzels
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1 hour Pre Competition

- ✓ Be sure to have snack high in carbohydrate
- ✓ Avoid foods that are high in protein or fat (they take a while to digest and may upset your stomach)
- ✓ Drink another 8-10 oz of water
- ✓ Ideas for snacks:
 - Peanut butter sandwich
 - Pretzels or crackers
 - Fruit
 - Granola bar

Competition Time

- ✓ Try to drink 4 oz of fluid every 15-20 minutes of participation
- ✓ For continuous activity lasting longer than 60 minutes drink 20-32 oz of a sports drink for every hour of exercise to keep fuel stores and electrolytes balanced

For optimal performance, remember the three R's:

✓ **Refuel, Rehydrate, Replenish**

Post-Competition

- ✓ Refuel as soon as you are able after exercise; within 15-60 minutes is optimal
- ✓ Have a snack within 15-60 minutes and a well-balanced meal 1-2 hours following exercise

Roast beef 1-2 cups brown rice 4-6 oz chicken Mixed vegetables Low fat milk	Grilled chicken sandwich 1-2 cups whole wheat pasta 1 cup spaghetti sauce 3-4 oz lean meat Italian bread Salad with low-fat dressing	Whole wheat pita 3-4 whole wheat tortillas 1-2 cups rice 3-4 oz lean ground meat or grilled chicken Beans Cheese Corn, lettuce, tomato
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