

# PERFORMANCE NUTRITION FOR SPORT COMPETITION DAY

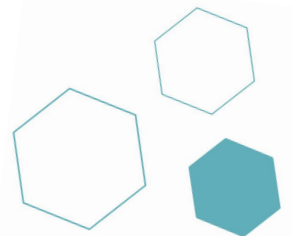
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# Plan For Today

- **Recap from last session**
- **Why does competition nutrition matter?**
- **What to eat and drink before, during and after**
- **How to adjust timing**
- **Multi-event days and tournaments**



# How has nutrition been since last session?

- Did you try anything new?
- Were there any 'ah ha' moments?
- Did you discover something that you want to learn more about?



# RECAP: Digestion of Macros

Note: we want energy going to our muscles, not food in our stomach for performance!

| Macronutrient                    | Rate of Digestion                           | Before Exercise  | After Exercise   |
|----------------------------------|---|--|--|
| Carbohydrates - simple carbs     | Very quick, instant source of energy        | Can provide quick energy without lingering in stomach<br>Have 0-60 minutes prior to exercise               | Helps to replenish glycogen stores<br>Have within 60 minutes of exercise |
| Carbohydrates - complex starches | Moderate, time released source of energy    | Takes time to digest, but provides more of a continuous supply of energy<br>Have 1-3 hours before exercise | Have with a balanced meal within 2 hours of exercise                     |
| Carbohydrates - complex fibre    | Very slow, digested in our large intestines | Limit/avoid high amounts 2-3 hours before exercise   | Have with a balanced meal 2 hours after exercise                         |

# RECAP: Digestion of Macros

Note: we want energy going to our muscles, not food in our stomach for performance!

| Macronutrient | Rate of Digestion                                       | Before Exercise   | After Exercise  |
|---------------|---|---|---|
| Protein       | Very slow, high protein meals take 2-3+ hours to digest | Have a meal with moderate protein 3-4 hours before<br>Optional snack with less protein 2 hours before | Helps to repair muscles, have within 60 minutes of exercise and again at a balanced meal within 2-3 hours |
| Fats          | Very slow, high fat meals take 3-4+ hours to digest     | Have a meal with moderate fat 3-4 hours before<br>Optional snack with less fat 2 hours before         | No specific role in recovery, have as part of healthy balanced meal                                       |

# What to Eat on Competition Day?

- **Do not** introduce new foods/routines
- Avoid high fat, high fibre and large meals
  - Eg no pizza lunch :-)
- Follow recommendations from previous pages regarding timing, hydration, etc.
- Pack foods with you – make your own go to food pack

**Practice like  
it's competition  
and compete like  
it's another day on  
the practice court.**

KARCH KIRALY

# Competition Day and Weekend Nutrition:

- **Competition Day**
- Aiming for 3-4 meals with snacks in between to support energy needs, prevent fatigue, and reduce risk of injury! Focus on carbs!
- **Pre-event meals** should include easily digestible carbohydrates and moderate protein.
- **Pre-event snacks** should focus on carbohydrates with low protein and fat.
- **During events**, athletes should rehydrate and consume quick energy with easily digestible carbohydrates.
- **Post-event meals** should focus on recovery and refueling with carbohydrates and protein, and rehydration.



# A Good Day starts the Night Before!

## What to Avoid the Night Before:

*Avoid these common mistakes the night before competition day!*

*Don't skip out on sleep!*

*Aim for 8-10 hours for optimal recovery and performance*

- 1) Consuming caffeine after 3PM
- 2) Staying up late scrolling or using devices before bed
- 3) High-sugar, low nutrient density foods and desserts
- 4) Too much fiber that may cause GI distress
- 5) Eating fried foods high in fat or oil
- 6) Unfamiliar, new or spicy foods!



# Peak Performance for Multi-Event Days

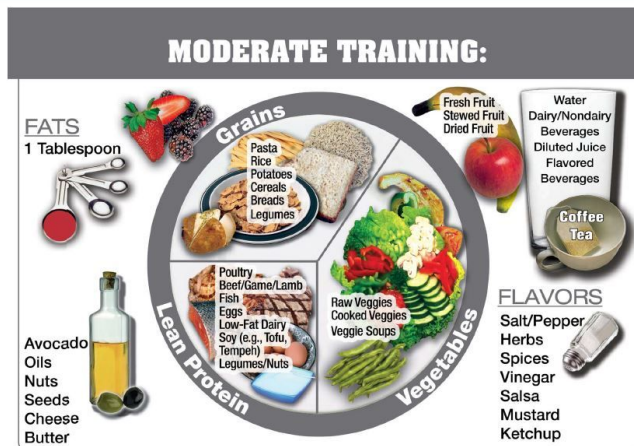
- Leading up to the tournament
- Nutrient timing
- Morning / breakfast
- In between
- Adjusting for timing
- After



# Multi-Event Days - Lead Up

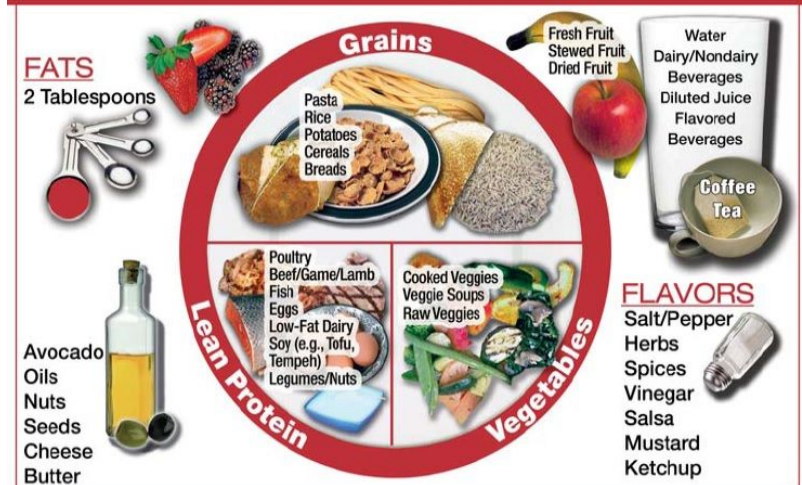
- Still follow a 'Balanced Plate' approach, but increase carbohydrate portion (grains, starchy vegetables and fruit)
- Focus on carbs for energy!
- Aim for 10 g of protein at snack and 25 to 30 grams of protein at meals for muscle repair and recovery

## ATHLETE'S PLATE



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.  
For educational use only. Print and use front and back as 1 handout.

## HARD TRAINING / RACE DAY:



# Nutrient Timing: Chew-Nibble-Sip Refueling Strategy

- You don't want to consume foods too close to training or your body won't have time to digest & utilize the nutrients
- The goal of nutrient timing is to not have ANY solid foods in the stomach prior to activity
- Goal of : 4 - 2- 1 chew nibble sip strategy
- 4 hours out = full meal (chew)
- 2 hours out = protein + carb (nibble)
- Less than 1 hour out = sip on fluid/sports drink or quick carbohydrates
- This can be used leading up to activity or before swim meets!



# Morning/Breakfast

- Stick with familiar foods
- Moderate → Heavy Balanced Plate
- Hydrate!
- Other Ideas:
  - In your room: Greek yogurt with granola and banana
  - At the hotel: 2 packets (1 cup) oatmeal, 2 eggs, yogurt and fruit
  - At home: Hard boiled eggs + Oatmeal + Greek yogurt + Fruit + Water
  - Travelling: Turkey Cheese Sandwich + side of fruit (pack it for the road if needed)
- ***Grab/pack your 60-min pre-race snack***



# Peak Performance on Competition Days

## Pre-race Meal (3-4 hours before)

- **High-Carbohydrate:** Focus on easily digestible carbohydrates like pasta, rice, bread, and fruit.
- **Low-Fat:** Minimize fat intake to prevent digestive discomfort.
- **Moderate Protein:** Include a small amount of lean protein for satiety, and to help you stay fuller longer.
- Before race remember: Protein + Fruit + Carbs + Fluid
- AVOID spicy, high fat or fried foods prior to competition!



# In-Between

- This all depends on timing... which isn't always known. ***Be prepared!***
  - > 3 hours, have a 'Heavy training' balanced plate meal + snack
  - 1-2 hours , have a substantial snack or small meal
  - >1 hour, focus on rehydrating\* and carbohydrates

\*Always focus on hydration :-)



# Peak Performance on Competition Days

## Pre-Race Meal Ideas (3-4 hours before)

### Sample Meals:

#### Pita Party

- Grilled chicken + mixed veggies  
+ cheese in the whole-grain pita  
+ side of fruit + water

#### Lunch Bag ideas

- Turkey cheese spinach tomato sandwich + whole-grain pretzels + apple + water

## Remember:

- + Protein
- + Fruit
- + Carbs
- + Fluid

**\*\*Avoid spicy, fried and high-fat foods/sauces**

# Peak Performance on Competition Days

## During Competition Nutrition (between events)

- **Hydration:** Continue sipping on water or a sports drink.
- **Quick Energy for Snacks Between Heats:**
  - Sips of sports drinks
  - Sliced oranges
  - That's it fruit bar or dried fruit
  - Rice cakes + honey
  - Almond butter and jelly sandwich
  - Protein fruit smoothie (small sips)
  - Banana with peanut butter
  - Berries are GREAT!
  - 1 servings of fruit: Apple/Pears/Kiwi/Mango/grapes





# Peak Performance on Competition Days

## During Competition Nutrition (between events)

- When swimming in back to back events we have to make sure we fuel up to avoid stalling out!
- 2 hours before a race or event we want to combine protein + carb + hydrate!
- **Ideas include:**
- RxBar, Kind Bar or 100% fruit bar + string cheese
- Apple sauce Or whole apple + 2 boiled eggs
- Turkey Sandwich
- Greek yogurt with fruit
- Protein muffin cup
- Core Power Protein Shake + banana



# In-Between - Examples

- > 3 hours: 'Harvest Bowl' with cooked quinoa, roasted beets, chopped apple, cooked chicken or chickpeas, lemon and olive oil dressing (+ <1 hour snack below)
- 1-2 hours: tortilla spread with nut butter/alternative, wrapped around a banana and sliced OR tortilla with cheese and chicken and fruit on the side
- >1 hour: Sports drink, banana and a handful of trail mix/dried fruit

\*Water or sports drink in between



# How to Adjust for Timing

- AM Race/Event
  - Have carbs + water before (oats with berries, toast with 1-2 tsp PB and jam, cereal + WATER)
  - Have a high carb and protein meal afterwards (shake with fruit, protein and juice, oats with fruit and yogurt, eggs with toast and fruit)
- After school Race/Event
  - Have a higher carb lunch (at least 1 cup starch) and a snack with carbs + small amount of protein 1-2 hours before (granola bar and fruit, yogurt and fruit, wrap with PB and banana) + HYDRATE
- After dinner Race/Event
  - Increase starch at dinner to about ½ plate, reduce veggies, keep it lower in fat (pasta with turkey meatballs and small side salad; baked potato with chicken and sliced carrots) \*REMEMBER to make up veggies elsewhere in the day\*
  - Have a high protein snack before bed (Greek yogurt and berries, smoothie)

# Anyone want to share?

- Pre-event meal
- Pre-event snack
- During sport
- Post-event
  - Questions? Having trouble?



# Post-Competition

- Focus on recovery + refuelling for the next day
- Immediately post-game: rehydrate + carbs + protein
- Dinner:



# Post-Game - Eating Out

- **Sub:** 12-inch with grilled chicken and all the veggies
- **Pub:** Grilled chicken wrap with salad and fries OR grilled chicken fajitas
- **Traditional:** Baked chicken or fish with baked potato and vegetables
- **Mexican:** burrito bowl with grilled chicken, salsa, black beans, guacamole and fajita vegetables



# Being Prepared: Athlete's Cooler

- Travelling and competition nutrition requires packing food for all meals and snacks the night before!
- Athletes should try to have everything they pack before competition day
- Pack for all meal timing/snack timing possibilities as you often don't know exact timing
- Try everything you pack before competition day
- Make a list so others can help if needed
- Let's look at an example...



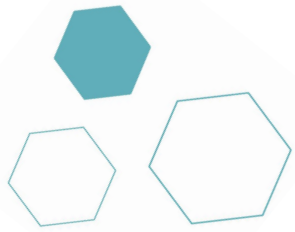
# Example Athlete's Cooler

- 3-4 pieces fruit/ dried fruit
- 1 PB & J sandwich
- 1-2 mini tuna cans or protein bars
- 1 snack bag crackers
- 2 sports bars
- Refillable water container
- 2 sports drinks or powder to make sports drinks
- Optional: 2 packets Greek yogurt, wrap with low-fat cheese and lean turkey/chicken, quinoa or pasta salad with tomatoes, chicken and light dressing

\*Create Your Own\*







**THANK YOU!**  
**Q&A**

