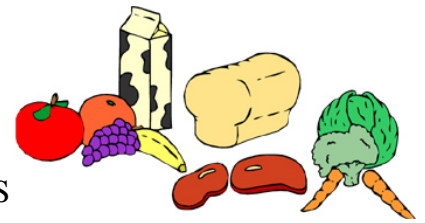


Nutrition Presentation
Prepared by: Janelle Vincent, RD, BScHNS, BESS



Nutrition Pre, During and Post Training/Competition

Pre-Training/Competition

- Always eat before, even when it's first thing in the morning
- What you eat should help you stay hydrated, and make you feel ready to train/compete
- Eat foods that you like and that you have all the time, trying a new food before competition is not the best choice!
- Eat a pre-competition meal
 - o This should be 1-4 hours before depending on how much time you have before your competition or between competitions.
 - o This meal should be:
 - High in carbohydrates (most of the meal)
 - Low in fibre and fat to prevent stomach upset and help with digestion
 - o Have 2 cups of fluid (water, milk, sports drink, etc) with this meal
- 1 hour before, have a light snack (granola bar, fruit, etc)



During Training/Competition

- Stay hydrated
- Grab water and sports drinks when you have time
- Don't wait until you are thirsty to drink
- Try to drink ~1cup every 15-20 minutes or as often as you can

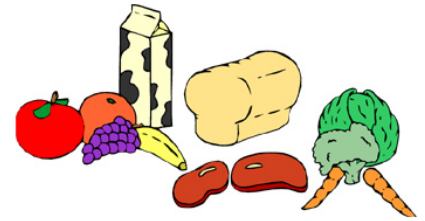


Post- Training/Competition










- Your body needs to re-fuel to be able to recover for the next session
- Drink a lot of water/sports drinks
- Eat a snack 15-30 minutes after (fruit, chocolate milk, bagel, sandwich, Gatorade, granola bar, etc)
- Eat a ratio of carbs to protein of 4:1 (four times more carbs than protein)
- Have a well-balanced meal within 2 hours; remember to eat from all four food groups



Food Record



At each meal, enter the number of servings you had from each of the food groups.

	Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Meal #6
Super Foods  <hr style="border-top: 1px dashed black;"/>						
8-14+ 						
Energizers  8-14+ 						
Bone Builders  3-4 						
Muscle Repair  2-3 						
Fluids  Always have fluids on hand						