

## Nutrition

- 48 hours prior to competing – Avoid unfamiliar foods as the body may react in a non-desirable way.
- Hydration – Urine should be light yellow in color as an indication of proper hydration levels. The darker the urine the more dehydrated the body is and the more difficult it is going to be to bring the body up to the proper level. Proper hydration should be thought of as a continuous goal. Drinking water is important throughout the day and during the evening.
- Breakfast – The body needs to be replenished as nothing has been eaten or drunk for the past eight or more hours; you're "breaking your fast". Also, the next chance to eat a solid meal will be during lunch, which is not until noon-ish. The brain uses carbohydrates for its energy source; the heart uses both fat and carbohydrates. Get them both off to a good start every morning. If breakfast isn't something easy, prepare it the night before.

Examples for Breakfast: Cereal, Trail Mix, Fruit Juice, Peanut Butter Toast, Nuts, Eggs, Dried Meats, Bagels, Oatmeal, Crackers.

- ~3 hours before race/practice – Eat a full, satisfying meal as this is the last chance before racing/practice to do so. Avoid foods that are hard to digest, cause gas, etc.

2 hours or less before race/practice – During these last couple of hours at most a light, quick digesting, snack/liquid should be consumed. Nothing but water is recommended with less than one hour remaining. However this is not the time to start trying to re-hydrate by drinking large amounts of water. You don't want to compete with the feeling of having to go to the bathroom.

Right after race/practice (30 minutes max) – When you exercise the body depletes itself of stored sugar (used for energy) and electrolytes. Electrolytes are simply minerals which help maintain fluid levels in the body. The main ones are sodium, potassium, and chloride. These can be replaced with appropriate fluids such as most sports drinks. Also contained in sports drinks are quick digesting sugars which will also help to replace what has been lost.

In weight training muscles are torn (not big tears, small ones). Protein after working out with weights will help repair broken down muscle and aid in muscle growth. Muscles take in carbohydrates and proteins easily after practice.

Examples of Snacks: Sports Drink, Trail Mix, Fruit, Yogurt, Bagels, Crackers, Dry Cereal.

- Within 2 hours after racing/practice – Start thinking about tomorrow when today is over, meaning after a workout/competition prepare the body to be able to perform again tomorrow and the next day.

Examples of Carbohydrates: Whole Grain Cereals, Popcorn, Oatmeal, English Muffins, Bagels, Pasta.

Examples of Protein: Beef, Poultry, Fish, Beans, Whole Grains, Nuts, Green Leaf Vegetables.

