

Advice on Competition Nutrition

- If there is **less than 1 hour** before your next race, drink sports drink or water
- If there is **more than 1 hour** before your next race, eat small carbohydrate snacks, little and often
- Wash down snacks with plenty of fluid, the indoor pool is humid and dehydrating!
- After your race:
 - drink immediately. A sports drink (e.g. Gatorade / Powerade) is a great choice as it will replace fluids as well as carbohydrate. This is even more important when there is not enough time to eat again before your next race
 - If there is more than 1 hour before your next race, eat as soon as possible.
- During longer breaks, you can eat a little more, but don't eat too much at once as this can make you feel heavy and lethargic. Remember – little & often!

Suitable snacks between races (1-2 hour breaks):

- Snack fruits (small packs / cans of soft fruit)
- Bananas
- Fruit that is peeled and cut up (easier to eat this way)
- Handful of dried fruit e.g. raisins, apricots
- Plain bread rolls, bagels, pita bread, raisin bread
- Jam or honey sandwiches (NOT peanut butter)
- Dry cereal in a small box / baggie - low sugar/ low fat e.g Cheerios
- Rice cakes (you can top them with honey, jam or banana)
- Plain crackers – low fat / low salt type
- Low fat granola bars (not chocolate covered)
- Low fat muffins, and cookies
- Low fat yogurts
- Liquid meals e.g. Ensure, Carnation Instant Breakfast

The post-competition meal

- Try and eat no more than 2 hours after your last race
- Base your meal on carbohydrates (rice, pasta, potatoes and bread), but include some protein (meat, chicken, cheese, etc)
- Remember, if you are going to the Dinner Dance, beer doesn't count as protein, or carbohydrates!!!

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