



The Athlete's Nutrition Guide

Purpose

This document's intent is to provide the parents and the competitive athletes with an updated nutrition plan that will help the athletes make good nutritional choices. Ultimately, we wish the information outlined below will positively impact the child's training, performance and overall health.

This guide strives to achieve the following goals:

- encourage overall health
- help fight general fatigue as well as training fatigue
- assist injury prevention and recovery
- increase training effectiveness
- increase athlete's concentration during practices and meets
- increase muscular strength and endurance
- help improve and stabilize emotional control
- help eliminate sugar highs and lows
- help build strong bones, muscles, tendons and ligaments
- promote healthy overall body development
- assist with body weight control

Validity of Information

The information presented in this document is uniquely based upon reliable research findings conducted by highly respected biomedical research institutions. The nutrition plan also takes into account the most recent and accurate breakthroughs in the field of sport nutrition.

1. Well balanced nutrition plan

In order to meet all its needs, the body requires a regular intake of all the necessary nutrients. The athlete must make sure that his nutrition plan provides a sufficient amount of the different types of carbohydrates, proteins, fats, vitamins, minerals and water on a daily basis. To simplify the task, the Canadian Food Guide divides foods into four main categories: **milk & milk products, meat & substitutes, fruits & vegetables and bread & cereals.**

To optimize health, training and athletic performance, the athlete must ensure that she is consuming the right amount of foods from each category, every day.

Before looking at the quantities required, it is imperative to become familiar with the foods that fall under each one of the four food groups. The following lists will help acquaint yourselves with those four food groups.

Milk & Milk Products

- Cheese
- Ice cream
- Sherbet
- Milk
- Milk shake
- Pudding
- Yogurt
- Frozen yogurt

Meat & Substitutes

- Beef
- Fish
- Buffalo
- Peanuts
- Bacon
- Sea foods
- Pork
- Turkey
- Eggs
- Nuts
- Ham
- Tofu
- Chicken
- Lamb
- Beans
- Peanut butter
- Sausage
- Game meats

Fruits and Vegetables

- Raisins
- Kiwi
- Honeydew melon
- Tangerines
- Apple
- Figs
- Applesauce
- Grapefruit
- Blueberries
- Lime
- Corn
- Rutabaga
- Squash
- Olives
- Kale
- Peppers
- Water chestnuts
- Peas
- Brussels sprouts
- Lettuce
- Watermelon
- Banana
- Nectarine
- Grapes
- Cherries
- Strawberries
- Pears
- Apricot
- Boysenberries
- Carrots
- Endives
- Artichoke
- Eggplant
- Onions
- Zucchini
- Pickles
- Cauliflower
- Asparagus
- Celery
- Tomato
- Pineapple
- Cantaloupe
- Raspberries
- Orange
- Dates
- Plums
- Peaches
- Blackberries
- Lemon
- Potatoes
- Cabbage
- Avocado
- Okra
- Mushrooms
- Turnip
- Radishes
- Scallions
- Broccoli
- Cucumbers
- Spinach

Bread and Cereals

- White bread
- Rye bread
- Pita bread
- Croissant
- Doughnut
- Kaiser rolls
- Millet
- Rye
- Linguine
- Whole wheat bread
- Sour bread
- Barley bread
- Nachos
- Muffin
- Hamburger buns
- Barley
- Spaghetti
- Noodles
- Whole grain bread
- Pumpernickel bread
- Bagel
- Tortillas
- Waffles
- Rice
- Buckwheat
- Macaroni
- Other pasta

2. Well balanced quantities

The second step of the nutrition plan is to find out how much should be eaten every day, in each food group. The basic food intake unit used in this document is called **serving**. The following tables will give universal examples describing the value of a serving unit for each food group.

Milk & Milk Products

1 serving = 250 ml of milk or 175 ml of yogurt or 45 g. of cheese or half a cup of ice cream or half a cup of frozen yogurt

Meat & Substitutes

1 serving = 75 g. / 3 oz. of lean meat or 60 ml of peanut butter or 250 ml / half a cup of beans or 2 eggs

Fruits & Vegetables

1 serving = 125 ml of fresh, frozen, canned, dried fruits or vegetables or a medium size potato, carrot, tomato, peach, apple, orange or banana

Bread & Cereals

1 serving = 125 ml of cooked cereal or 175 ml of ready to eat cereal or one slice of bread or one roll or muffin or 150 ml of rice or pasta

Before determining the amount of servings required daily for each food group, it is imperative to take into account important training and physiological factors. ***Age, height, weight, gender, physical development stage, training hours and daily activity schedules are all elements that will determine the necessary food intake amounts.***

	Children			Teens		Teens			
	2-3	2-3	2-3	14-18 Years		19-50 Years		51+ Years	
	Girls & Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Daily calorie intake should approximately range from 2100 to 2700 cal. for young female junior high volleyball athletes which translates into 18 calories per pound of body weight.

3. Choosing healthy foods

Eating the right amount of servings for each food group is a good start but it is also important to understand the difference between healthy foods and unhealthy foods. Avoiding “junk” food is essential to the health of the training athlete.

Foods that contain significant amounts of simple sugars, saturated fats or salt and very little minerals and/or vitamins are labeled as “empty calorie foods”. These foods are to be avoided as much as possible. In many nutrition plans, foods with low nutritional value are taken out of the four basic food groups and put in a group of their own. This “fifth” food group is often labeled as “**extras**” meaning that you can consume some low nutritional value foods in a proportion less than 10% of your daily calorie intake!

The following lists identify the most common empty calorie foods.

Simple Sugar Foods

- Candies
- Chocolate bars
- Cinnamon buns
- Candy bars
- Most Cakes
- Most cookies
- Chocolates
- Cup cakes
- Jams

- *Syrups*
- *Sodas (pop with sugar)*
- *Pies*
- *Cocoa Puffs*
- *Honey Nut Corn Flakes*
- *Alpha Bits*
- *Count Chocula*
- *Fruit Loops*
- *Sugar Corn Pops*
- *Molasses*
- *Sweetened fruit beverages*
- *Jellies*
- *Golden Grahams*
- *Instant oatmeal*
- *Apple Jacks*
- *Frankenberry*
- *Honey Comb*
- *Trix*
- *Doughnuts*
- *Cap'n Crunch*
- *Honey Nut Cheerios*
- *Lucky Charms*
- *Cocoa Pebbles*
- *Frosted Flakes*
- *Sugar Crisp*

Saturated fat foods

- *Ice cream*
- *Gravy & sauces*
- *Animal fat*
- *sausages and wieners*
- *Butter*
- *Sour cream*
- *Potato chips*
- *Fresh cream*
- *Fries*
- *Processed meats*
- *Pepperoni*
- *margarine*
- *Cheez Whiz*
- *Cheese cake*
- *Most salad dressings*
- *Fried foods*
- *Bacon*
- *Deep fried foods*
- *Mayonnaise*
- *Vegetable oil*

Too salty

- *Ichiban noodle preparations, and equivalents*

Remember that the goal is not to totally eliminate all low nutritional value foods but to limit their consumption. **Jams, syrups, cookies, cakes, pies, jellies, ice cream, salad dressing, sauces, pepperoni, butter, margarine, mayonnaise, vegetable oil and creams** can all be part of the training athlete's diet if taken in small quantities.

The goal is to plan snacks and meals in such a way that "extras" are limited to 2 to 3 servings a day.

4. Choosing the right carbohydrates

Simply said, carbohydrates are sugars. Foods known as good sources of carbohydrates are crucial for the training athlete because carbohydrates are the muscles' primary form of fuel. Unfortunately, different types of carbohydrates have different effects on the body. Therefore, the athlete's nutrition plan must carefully choose its sources of carbohydrates.

For the purpose of this document, we have divided carbohydrates in two categories based on their effects on the body:

High Glycemic Carbohydrates

- ✓ Trigger immediate rise in blood sugar
- ✓ Trigger the production of insulin transforming sugar into fat
- ✓ Create a sugar rush followed by a lack of energy due to a sugar low
- ✓ Can produce a lack of concentration
- ✓ Generate general fatigue and a decrease in performance

**** Can only be consumed as a snack in the hour and a half following a strenuous long practice or immediately after a meet**

Low-Medium Glycemic Carbohydrates

- ✓ Cause slow, steady rise in blood sugar level
- ✓ Avoid the production of insulin transforming sugar into fat
- ✓ Prevent sugar rush
- ✓ Keep from generating general fatigue and decrease in performance

**** Should be consumed during each meal and snack of the day !
Very important for breakfast !!! Abstaining from eating good sources of low glycemic carbohydrates at breakfast will put the body through shock, fatiguing it for the rest of the day.**

The following lists will identify the glycemic value of common foods of each food group. Use them to build your nutrition plan

High glycemic Carbohydrates

BREAD & CEREALS

- White bread
- Croissant
- Waffles
- Puffed Rice
- Rice Krispies
- White rice
- Tortillas
- Angel food cake
- Boxed macaroni and cheese
- Whole bread
- Doughnuts
- Kaiser rolls
- Corn Flakes
- Granola
- Millet
- Corn chips
- Rice cakes
- Pasta *cooked more than 10 minutes*
- Bagel
- Muffins
- Hamburger buns
- Shredded Wheat
- Raisin Bran
- Crackers
- Cookies
- Popcorn

FLUIDS

- Pop
- Grape juice
- Split pea soup
- Sports drinks
- Sweetened fruit beverages
- Black bean soup
- Pineapple juice

FRUITS & VEGETABLE

- Raisins
- Carrots
- Corn
- Watermelon
- White potatoes
- Pineapple
- Mashed potatoes

MEAT & SUBSTITUTES

- Kidney beans

MILK & MILK PRODUCTS

None

Medium glycemic Carbohydrates

BREAD & CEREALS

- Rye bread
- Whole grain bread
- Whole wheat pita
- Cheerios *with milk*
- Life *with milk*
- Cream of wheat *with milk*
- Brown rice
- Sponge cake
- Linguine
- Pita bread
- Sprouted wheat bread
- 100% sprouted wheat
- Golden Grahams *with milk*
- Puffed wheat *with milk*
- Wild rice
- Graham crackers
- Oriental noodles
- Rye whole grain bread
- Whole wheat tortillas
- Bagel *with peanut butter*
- NutraGrain *with milk*
- Breakfast bar *with milk*
- Potato chips
- Fig Newtons

FLUIDS

- Unsweetened orange juice
- Lentil soup
- Onion soup
- Unsweetened grapefruit juice
- Chili soup
- Seafood gumbo soup

FRUITS & VEGETABLE

- Kiwi
- Honeydew melon
- Tangerines
- Endive
- New potatoes
- Avocado
- Olives
- Banana
- Nectarines
- Grapes
- Cabbage
- Rutabaga
- Squash
- Onions
- Cantaloupe
- Raspberries
- Orange
- Sweet potatoes
- Artichoke
- Eggplant
- Mushrooms

MEAT & SUBSTITUTES

- Bake beans
- Butter beans
- Pinto beans
- Peanuts
- Black beans
- Refried beans

MILK & MILK PRODUCTS

None

Low glycemic Carbohydrates

BREAD & CEREALS

- Pumpernickel bread
- All bran
- Oat Bran
- Barley
- Macaroni *cooked 5 minutes*
- Rye bread
- **Regular** oatmeal
- Kelloggs Honey Smacks
- Buckwheat
- Spaghetti *cooked less than 8 minutes*
- Barley bread
- Special K
- Kelloggs Mini Wheats
- Rye

FLUIDS

- Soy milk
- Pear juice
- Tomato soup
- Apple juice
- Diet sodas
- Italian minestrone soup
- Peach juice
- Hot chocolate
- Gazapacho soup

FRUITS & VEGETABLE

- Apple
- Figs
- Applesauce
- Grapefruit
- Blackberries
- Lime
- Peppers
- Water chestnuts
- Blackeye peas
- Broccoli
- Cucumbers
- Spinach
- Cherries
- Strawberries
- Pears
- Apricot
- Boysenberries
- Zucchini
- Pickles
- Scallions
- Green peas
- Brussels sprouts
- Lettuce
- Dates
- Plums
- Peaches
- Blueberries
- Lemon
- Turnip
- Radishes
- Cauliflower
- Asparagus
- Celery
- Tomato

MEAT & SUBSTITUTES

- Navy beans
- Soy beans
- Chick peas
- Lima beans
- Lentils
- Garbanzo beans

MILK & MILK PRODUCTS

- Milk
- Yogurt
- Ice cream

5. Choosing proteins wisely

Proteins make up the most essential part of all body tissues including the muscles, the blood and the immune system. Eating a wide variety of meat, cheese, beans, rice, fish, poultry and eggs provides the athlete with all the protein building blocks required to the growth and rebuilding processes. Strenuous exercise tears down muscle tissues, which is referred as micro tears. Supplying the body with protein throughout the day helps the gymnast recover faster from exhausting practices and meets.

The following pointers will help you wisely incorporate proteins in your nutrition plan.

- ✓ Ensure that you incorporate a good source of protein in each meal
- ✓ Proteins during breakfast are essential. Cottage cheese, peanut butter or eggs are excellent choices.
- ✓ Eat a variety of red and white meats.
- ✓ Always choose the lean cut and take off the excess of fat before cooking.
- ✓ Take the skin off before eating chicken.
- ✓ Avoid processed meats when possible.
- ✓ Avoid cooking your meat in oil, butter or margarine; bake, steam or broil.
- ✓ Don't coat your meat with breading or gravy.

These are examples of good sources of protein:

- | | | |
|------------------------|------------------|-----------------|
| • Tuna | • Cod | • Salmon |
| • Skinless turkey | • Lean pork | • Lean red meat |
| • Skinless chicken | • Lean lamb | • Low fat tofu |
| • Chicken breast | • Cottage cheese | • Whole egg |
| • Ground turkey breast | • Low fat yogurt | • 1% milk |
| • Turkey chili | | |

6. Staying well hydrated

Cool water is the most important and often the most neglected nutrient of the athlete. During training or meets, water is used to transform food into energy. Furthermore, water is lost as sweat to keep the body from overheating. Unfortunately, the body has no mechanism to alert the athlete that more fluids are needed. Thirst is the mean used by the brain to alert you that the body is already dehydrated at a level negatively affecting athletic performance.

Dehydration will have one or several of the following impacts on the athlete:

- | | |
|------------------------------------|------------------------|
| ✓ general fatigue | ✓ clammy skin |
| ✓ muscular weakness | ✓ throbbing heart beat |
| ✓ loss of coordination and control | ✓ cramps |
| ✓ loss of concentration | ✓ shortness of breath |
| ✓ mood swings | ✓ dizziness |
| ✓ headaches | ✓ chills |
| ✓ nausea | |

The strategies listed below must be utilized to ensure sufficient constant hydration for the training athlete.

- Drink 1 to 1 1/2 cups of water before practice
- Drink 1/2 cup of water every 15 minutes during training sessions and meets especially during very hot days
- Drink 2 to 6 cups of *fluid* after each practice session
- Cool plain water is the best because it is absorbed faster than any other drink
- Avoid dehydrating fluids such as coffee, tea or cola
- Salt tablets are not recommended. They draw water into the stomach and dehydrate the rest of the body. Salt lost through sweat will be easily replaced by a well balanced meal.
- Sports drinks such as Gatorade or Powerade should only be taken in small quantities during practice if the athlete is out of energy. One cup of Gatorade or Powerade at the end of a four hour workout can be taken to replenish levels of sugar in the muscles. However, carbohydrates, proteins, vitamins and minerals stocks can be easily rebuilt through a well balanced meal.
- To prevent depletion of sugar stores during long training sessions or meets, mix 1 part of orange juice with 7 parts of water or 1 part of Gatorade with 3 parts of water.

7. The iron plan

A lack of iron is a special concern for female athletes. Anemia can result if the athlete doesn't get enough iron. It can bring a decrease in strength, a shortage of endurance, general fatigue and slower reflexes.

The body does not easily absorb iron. The outlined hints will assist you in planning proper iron intake.

- ✓ Iron from animal foods (meats) is twice as readily absorbed as that in plant food.
- ✓ Iron is more readily absorbed when eaten with vitamin C rich foods like citrus fruits, strawberries, cantaloupe, tomatoes and broccoli.
- ✓ Tea and coffee decrease the absorption of iron.
- ✓ An iron-rich breakfast includes iron-fortified cereal, raisins and a glass of orange juice.
- ✓ The best sources of iron are liver, beef, pork and lamb.
- ✓ The second best sources of iron are chicken, baked beans, kidney beans and tofu.

8. Stocking up on calcium

Calcium helps build strong bones, nerves, joints, tendons, ligaments and contributes to energy production. A lack of calcium will result in weaker bones.

Excellent sources of calcium are *milk, yogurt, cheese* and *ice cream*. Good sources of calcium are *salmon, sardines, tofu* and *almonds*.

9. Eating well on the road

Eating well in preparation for a competition is paramount. Unfortunately, it is much harder to plan nutritious meals when living in hotels and eating at restaurants. This section will give you a series of suggestions to help you build a sound nutritional plan.

- In the days preceding a meet, eat a variety of foods from all four food groups that you know you can easily digest. It is not time to experiment with new foods.
- Order juices instead of soft drinks and sweetened beverages.
- Order sherbet or frozen yogurt instead of ice cream.
- Bring your own breakfast and snack food. Eat in your room in the morning instead of depending on fast food restaurants.
- Avoid eating greasy foods like fries, fried chicken, fried fish, chicken, nuggets, onion rings, chips, sauces and gravy.
- Pizza can be a balanced meal in itself. Choose fruit and vegetable toppings like pineapple, fresh tomatoes, mushroom, green pepper and onion. Order deep dish pizza. Replace salami or pepperoni by chicken.
- Trade sausage and bacon for cheese and peanut butter when eating out for breakfast.
- Carry some fresh fruit with you.
- Have a cup of hot chocolate instead of coffee in the morning.
- Bring bagels, muffins, apple juice, orange juice, cottage cheese, peanut butter, cheese, powdered milk, low sugar jam, cereals and fresh fruits to your room for breakfast and snacks.
- Order hamburgers without the greasy mayo based sauce.
- At the salad bar, be generous with colorful vegetables and hearty breads. Use salad vinaigrettes instead of creamy salad dressings.
- Eat baked potatoes with cheese and avoid high-fat toppings.
- Use ketchup and mustard instead of mayonnaise.
- Choose whole wheat bread over white bread.
- Drink water regularly during the bus or the plane trip.
- Order French toast, pancakes, cereals, cheese, toast and peanut butter, porridge, muffins, bagels, eggs, fruit salad and juices. Stay away from greasy foods like bacon and sausage.
- Try restaurants that offer Italian foods such as lasagna, spaghetti, bread and salad.
- Soups and crackers are great light meals or snacks.

Before leaving for a meet, fill up your grocery bag with nutritious foods for breakfasts, lunches and snacks.

- | | | |
|---------------------|-----------------|--------------------|
| ✓ Bagels | ✓ Cheese | ✓ Pita bread |
| ✓ Peanut butter | ✓ Crackers | ✓ Veggies |
| ✓ Juice boxes | ✓ Fresh fruits | ✓ Low fat dip |
| ✓ Cereals | ✓ Low sugar jam | ✓ Nutri grain bars |
| ✓ Powdered milk | ✓ Fig Newtons | ✓ Sandwiches |
| ✓ Whole grain bread | ✓ Pizza | ✓ Yogurt |
| ✓ Fruit salad | ✓ Muffins | ✓ Subs |

10. A good start to the day

Breakfast is the most neglected meal of the day yet the most important one for young athletes. You must make it a priority to have a good balanced breakfast every morning. The following section will illustrate examples of healthy breakfasts that can be taken in different situations.

Please remember ...

- Avoid greasy foods like croissants, pastries, sausage or bacon.
- Have a glass of orange or apple juice instead of sweet beverages such as fruit punch.
- Choose whole grain and rye bread over white bread.
- Select cheeses that contain less than 32% fat.
- Incorporate a source of protein such as an egg, peanut butter, cheese or cottage cheese every morning.
- Choose boiled eggs over fried eggs.
- Use margarine, butter and jam moderately.
- Throw in a couple fresh fruits.
- Choose long-cooking oatmeal.
- Eat low or medium glycemic cereals with 1% or 2% milk.

Breakfast at home

- Apple juice
- Cooked oatmeal with 2% milk
- Fresh blueberries
- Whole grain toast
- Cottage cheese and low sugar jam
- Hot chocolate
- Orange juice
- Low glycemic cereals
- 1% milk
- Banana
- One boiled egg
- One whole wheat muffin
- Butter and a piece of cheese
- Unsweetened peach juice
- One whole grain bagel
- Peanut butter and jam
- Slice of cheese and an apple
- One yogurt
- Unsweetened pear juice
- Two pancakes & syrup
- Fresh strawberries
- Slice of cheese
- A fruit salad

Breakfast in your hotel room

- Orange juice
- One whole grain bagel
- Peanut butter and bananas
- Slice of cheese and apple
- One yogurt
- Apple juice
- Cold Hawaiian pizza
- A fruit salad
- A nutri-grain bar

Breakfast at the restaurant

- Orange juice
- Banana
- Whole wheat toast
- Jam
- 2% milk
- Apple juice
- French toast & syrup
- Fruit salad
- 1% milk

McDonald's

- Orange juice
- One scrambled egg
- 2 plain English muffins
- Strawberry jam
- 2% milk

McDonald's

- Orange juice
- Hot cakes with syrup
- 2% milk

Family Restaurant

- Orange juice
- Buttermilk pancakes & syrup
- One poached eggs

Family Restaurant

- Apple juice
- Oatmeal & milk
- One scrambled egg
- One English muffin & jelly

11. Mid-day energizer

Since it is recommended to prepare five small to medium size meals a day for young athletes, lunch has the responsibility to maintain good energy level throughout the afternoon. This meal doesn't have to be very elaborate although it should showcase a certain variety appeal to avoid neglect. Full lunch bags forgotten in the bottom of the school locker will sooner or later have a dramatic impact on the athlete's performance. Young athletes should never "forget" to eat their lunch!

The section below gives example of lunches that meet the nutrition plan requirements while giving it some interesting variety.

- Turkey, lettuce & tomato sandwich
- One glass of 2% milk
- One apple juice
- Lemon sherbet

- Bran muffins
- Peanut butter and banana spread
- Shredded coconut & apple wedges
- Chocolate milk

- Pita bread stuffed with green peppers, tomatoes, roast beef and cheese
- Orange juice
- Yogurt drink

- Chili in a thermos
- Green salad 7 vinaigrette
- Peach
- Oatmeal cookies
- Cranberry juice

- Chicken sub, no mayo
- Orange juice
- Fruit yogurt

Salad Bar

- Lettuce
- Green peppers
- Broccoli
- Carrots
- Tomatoes
- Chick peas
- Feta cheese
- Italian dressing & bread

- Soup in a thermos & crackers
- Slices of cheese
- Lemonade
- Fresh cherries

- One slice of cheese lover pizza
- One small muffin
- Grapes
- 1% milk
- One yogurt

Wendy's

- One cup of Chili
- Plain baked potato
- Chocolate milk shake or Frosty

McDonald's

- Chicken breast burger
- Side salad
- Orange juice
- Milk

12. The King of meals

Dinner (or supper) is usually the biggest meal of the day . It serves a crucial purpose since it gives the body all the restoration nutrients for recuperation and preparation for the following day . Athletic performances are more influenced by the supper taken the day before than by the pre-event meal ! Therefore, this meal also has to be taken seriously and be very well balanced . This section will give you examples of healthy dinners taken at home or at the restaurant .

- Minestrone soup
- Spaghetti
- Meat sauce
- Parmesan cheese
- Two whole grain rolls
- 2% milk
- Frozen yogurt
- Tea cookies

- White meat turkey
- Stuffing
- New potatoes
- Cranberry sauce
- Peas
- Orange juice
- Sherbet

- Lamb kebab
- Mint Jelly
- Wild rice
- Green beans
- Tossed salad & vinaigrette
- Milk
- One roll
- Fruit salad
- Ice cream

- Pork & vegetable stew
- Baked potato & grated cheese
- Brussels sprouts
- Whole grain slice of bread and butter
- Blueberries & vanilla frozen yogurt
- Oatmeal cookies
- Milk

- Salmon steak & lemon juice
- Sweet potatoes
- Asparagus
- Green salad & vinaigrette
- One whole wheat roll
- Milk
- Chocolate pudding
- Tea cookies

- Vegetable soup
- Triple cheese pizza
- Caesar salad
- Cranberry juice
- Vanilla ice cream and oatmeal cookies

Arby's

- Roast beef on multi grain buns
- Side Salad
- 2% milk

Taco Bell

- 2 tostadas
- One bean burrito
- One beef burrito
- 2 plain tortillas
- 2% milk

Pizza Hut

- Half a medium onion, green pepper and cheese pizza
- Two bread sticks
- Vanilla milkshake

Italian Restaurant

- Lasagna or Meat ball Spaghetti
- Green Salad with vinaigrette
- Whole grain bread & butter
- Large milk
- Fruit Salad

13. Pre-Event (Practice or Match) Meal/Snack

This smaller meal or snack is very tricky. You want to have one to guarantee sufficient energy throughout the performance without upsetting the stomach. Athletes who have mastered the art of efficient pre-event meals quite often execute the best performances. A lot of experimentation by trial and error needs to be done before becoming proficient. Nutrition experts can only guide you in a good direction. They cannot give you direct answers or winning recipes since each individual digestive track reacts differently. The difference in needs is explained by the variety of ways the body can respond to the anxiety of upcoming competition. We all know that some athletes are much more nervous prior to meets than others. The more the anxiety level, the more the digestive track shuts down and becomes intolerant of foods harder to digest. The second variable is the individuality or uniqueness of each digestive system. The intolerance to specific types of food fluctuates from one individual to the next. One athlete might have trouble digesting seafood while another has the same problems with Chinese food. Because of these individual differences, each athlete has to find out for herself which pre-event foods work the best.

It is recommended that the pre-event meal be consumed three hours before the start of the practice or the competition. However, some athletes might find that they are hungry or weak before the end of the competition or practice. These possible solutions can help solve the problem.

- 1- Eat a little something again an hour before the start.
- 2- Postpone your pre-event meal until two hours before the start.
- 3- Eat a quick snack mid-way through the practice or meet.

A couple of universal rules apply when choosing the composition of your pre-event meal.

- Avoid high glycemic (simple sugar) foods. They will make you peak and crash prematurely.
- Only choose foods that you are familiar with and know you easily digest.
- Eliminate greasy foods and meats since they are harder to assimilate and take longer to digest.
- This meal is a little unbalanced since it is high in carbohydrates, low in protein and low in fat.
- Two cups of water should be drank in the hour preceding the event.
- Avoid gas-forming foods such as dried beans, onions, cabbage or cauliflower.
- Liquid meals such as skim milk and banana shakes are recommended for highly anxious athlete with digestive problems and for a quick meal taken an hour prior to the event.

The following are examples of good pre-event meals:

- English muffin
- Fresh fruit
- Skim yogurt

- Poached egg
- Dry toast
- Fruit juice

- Vegetable soup
- Crackers
- Skim milk

Blender Shake

- Frozen strawberries
- Ripe banana
- Low fat yogurt
- Milk

- Cereal
- skim milk
- banana

- Sliced turkey & lettuce sandwich
- Juice

Blender shake

- Fresh or frozen fruit
- Skim yogurt
- Orange juice
- Ice cubes

Blender Shake

- Peanut butter
- Skim milk
- Banana

- Fruit salad
- Oatmeal cookies
- Crackers and cheese
- Apple juice
- Granola bar
- Peanuts
- Fruit juice
- Graham cookies
- Whipped cream cheese
- Orange or pear
- Fruit juice
- Cottage cheese
- Peach wedges
- Fruit juices
- V-8 Juice
- Crackers
- Peanut butter
- Turkey and cheese
green salad
- A hard roll
- Yogurt
- Fruit juice
- Whole grain muffin
- Milk
- Low sugar jam
- Yogurt
- Whole wheat bagel
- Cream cheese
- Apple slices
- Peanut butter
- Cranberry juice
- Fig Newtons
- Cherries
- Fruit juice
- Small pancakes
- Maple syrup
- Sliced apples
- Orange juice
- Pork & beans
- Crackers
- Celery sticks
- Fruit cup
- Skim milk

14. Event/practice energizers

If the athlete's nutritional plan is well built, no mid-practice energizer is usually required. Drinking cool water every 15 minutes is all the athlete should need. Before attaining that goal, the young athlete might require a mid-event energizer once in a while. This should not become a habit and be consumed only if the athlete is feeling weak. In the long term, it is detrimental for any athlete to have to rely on a mid-event energizer to perform well.

Nevertheless, if a mid-event or a mid-practice snack is needed, the following suggestions should be considered.

- A cup of sport drink (Gatorade or Powerade)
- A fresh fruit
- A blender shake
- A yogurt
- A fruit salad
- A soup
- A whole wheat muffin
- A bagel
- Veggies and dip
- Fig newtons
- Pretzels
- Crackers and cheese

15. Post-Event Meals

The post-event meal's purpose is to restore the levels of glycogen in the muscles. In other words, it helps the muscles recover as quickly as possible in order to allow optimal repeated performances. Although the recovery might not be completed within 24 hours, the post-event meal certainly contributes to accelerate the muscles recovery process. Without it, practice performance will slowly decline throughout the week.

The post-event meal is the only one purposely made of a portion of high glycemic carbohydrates. To be efficient, this meal should be taken within the two hours following the practice or the event.

If the athlete is not hungry after the performance, she should consider taking liquid foods instead of solid foods. Like the pre-event meal, it should mostly be comprised of carbohydrates and have modest amounts of fat and proteins.

The following post-event meals can be consumed depending on the athlete's capability to digest solid food immediately after performing.

- | | |
|---------------------------------|--|
| - Chocolate milkshake | - Yogurt mixed with slices of ripe bananas |
| - Gatorade and a couple cookies | - Bagel |
| - Instant oatmeal and milk | - Jam |
| - Grape juice | - Lemonade |
| - Croissants | |
| - Butter | - Doughnuts |
| | - Milk |
| - Corn Flakes or Raisin bran | - Spaghetti cooked more than 10 min. |
| - Milk | - Two white bread rolls |
| - Waffles | - Butter |
| - Fresh berries | - Milk |
| - Syrup | |
| - Grape juice | - Frozen yogurt |
| | - Ripe banana |
| - Chicken breast | - Graham crackers |
| - White baked potato | - Peanut butter |
| - Corn | - Jam |
| - Broccoli | - Milk |
| - Butter | - Chicken salad |
| - Apple pie | - Milk |
| - Milk | |

16. Putting the Plan together

This seems to be a lot of information to put together in a cohesive nutrition plan. Take it one step at a time. Read carefully, take notes to help yourself with groceries, ask questions and revisit what you are doing on a regular basis. It will take a couple of years to get really good at it. The sooner you start, the better. Remember that athletic careers are very short. There is very little time to waste!

This section will give you several day planners in order to help fit in all the appropriate meals depending on the scenario you are confronted with.

EARLY MORNING PRACTICE OR COMPETITION

- Pre-event meal (Low-med. glycemic carbohydrates) *Bet. 6 a.m. & 7:30 a.m.*
- Practice or Competition *From 8 a.m. to 1 p.m.*
- Post-event meal (High glycemic carbohydrates) *Between 1 p.m. & 3 p.m.*
- Afternoon snack (Low-Medium glycemic carbohydrates) *Around 4:30 p.m.*
- Diner (Low-Medium glycemic carbohydrates) *Around 6:30 p.m.*
- Evening Snack (Low-Medium glycemic carbohydrates) *Around 8:30 p.m.*

EARLY AFTERNOON PRACTICE OR COMPETITION

- Breakfast (Low-med. glycemic carbohydrates) *Around 7 a.m.*
- Pre-event meal (Low-med. glycemic carbohydrates) *Between 9 & 11 a.m.*
- Practice or Competition *From noon to 4:30 p.m.*
- Post-event meal (**High** glycemic carbohydrates) *Between 5 p.m. & 6 p.m.*
- Diner (Low-Medium glycemic carbohydrates) *Around 6:30 p.m.*
- Evening Snack (Low-Medium glycemic carbohydrates) *Around 9:00 p.m.*

EARLY EVENING COMPETITION

- Breakfast (Low-med. glycemic carbohydrates) *8 a.m.*
- Lunch (Low-med. glycemic carbohydrates) *Around noon*
- Pre-event meal (Low-med. gly. carbohydrates) *Between 2:30 & 4 p.m.*
- Competition *From 5 p.m. to 9 p.m.*
- Post-Event Diner (**High** glycemic carbohydrates) *Around 10:00 p.m.*

LATE AFTERNOON SCHOOL DAY PRACTICE

- Breakfast (Low-med. glycemic carbohydrates) *7 a.m.*
- Morning Snack (Low-Medium glycemic carbohydrates) *Around 10 a.m.*
- Lunch (Low-med. glycemic carbohydrates) *Around noon*
- Pre-event meal (Low-med. glycemic carbohydrates) *Around 3:30 p.m.*
- Practice *From 4 p.m. to 8 p.m.*
- Post-Event Diner (**High** glycemic carbohydrates) *Around 9:00 p.m.*

Morning, afternoon or evening **snacks** can consist of the following:

- ✓ Nachos
- ✓ Yogurt
- ✓ Jello
- ✓ Fruit juice
- ✓ Sandwich
- ✓ Plain cookies

- ✓ Graham crackers
- ✓ Frozen yogurt
- ✓ Soup
- ✓ Vegetable juice
- ✓ Whole grain muffin
- ✓ Cereal and milk

- ✓ Fig Newtons
- ✓ Peanuts
- ✓ Fruit salad
- ✓ Salad
- ✓ Crackers & Cheese