

Sports Nutrition Handout

Eating During and After Competition

During Competition

Consuming carbohydrates (especially of high glycemic index) during competition lasting longer than 60 minutes can increase endurance and sustain high intensity performance by maintaining blood glucose levels. This can be accomplished by taking in 25-35 grams of carbohydrate every 30 minutes through convenient, low-fat, carbohydrate-rich sources (e.g. sports bars or gels, bananas, oranges). Drinking sports drinks containing 4% to 8% carbohydrate every 15 minutes should provide the appropriate amount of carbohydrate plus satisfy hydration needs.



After Competition

Refueling your body appropriately following activity will assure that you have maximum energy to perform again soon. Carbohydrate-rich foods (particularly of high glycemic index) and beverages should be consumed as soon as possible. Including a moderate amount of low-fat protein with the carbohydrate will optimize energy replenishment. High carbohydrate foods include grains, fruits, vegetables, legumes and lowfat dairy products. Specially-formulated commercial beverages may be preferred, if solid foods are not appealing so soon after activity. An intake of 1.5 grams of carbohydrate per kilogram of body weight should be ingested immediately or at least within the first ½ hour, if possible. This same amount should be consumed again two hours later. Following this eating pattern can fully replenish energy stores within 20 hours. Also, be sure to completely rehydrate yourself by drinking plenty of fluids.

Post Competition Refueling Suggestions

The following blenderized drinks will provide for both energy refueling and hydration:

SPORT SHAKE

6 ounces orange juice
½ cup low-fat ice cream
1 medium banana
ice cubes

Nutrition Composition: calories – 291, carbohydrate – 61, protein – 5.7 grams, fat – 1.0 gram, calcium – 152 milligrams, sodium – 46 milligrams, potassium – 575 milligrams.

FRUIT SMOOTHIE

6 ounces grape juice
6 ounces orange juice
1 medium banana
ice cubes

Nutrition Composition: calories – 334, carbohydrate – 77 grams, protein – 1.7 grams, fat – 1.0 gram, sodium – 10 milligrams, potassium – 1055 milligrams.