

It's not about the latest pill or powder and all about the power of food not just on game day but everyday!

Eating to Win Checklist

- ✓ Eat three balanced meals everyday - especially breakfast
- ✓ Choose healthy snacks - mid-morning and mid-afternoon
- ✓ Any fresh fruit, Yoghurt, Carrots (or other vegetable) and low-fat salad dressing, cheese and crackers, 100% fruit juice (make sure label says 100% fruit juice)
- ✓ Listen to your body...when you feel full and when you feel hungry
- ✓ Focus on fruits and vegetables - More Matters
- ✓ Choose good fats: nuts and seeds, olives, fish, peanut butter, low-fat milk and cheeses, avocados
- ✓ Take a daily multi-vitamin especially if you have a restricted diet such as vegetarian
- ✓ Water, water, water
- ✓ **Important:** find what works best for you and your exercise program; it may take some trial and error.

It's All in the Timing

Before You Exercise or Before Your Game

- Carbohydrates are the primary and most important source of fuel for athletic performance. Carbohydrates before exercise help reload glycogen stores. Carbohydrates are stored in the muscles and liver as glycogen.
- 2-4 hours before: eat a small meal (high carbohydrate, low protein and fat)
- 30-90 minutes before: eat a high carbohydrate snack such as a banana, fruit smoothie, cup of chocolate milk/soymilk, cup of non-fat/low fat yogurt

During Exercise

- Drink water every 15-20 minutes
- Sports drinks with electrolytes can be consumed to delay onset of fatigue, especially for competitions that last more than one hour

After Exercise

- Protein is most important after you exercise
- Combine with a carbohydrate to restore glycogen synthesis
- Too much protein can result in dehydration and mineral losses
- Food choices: pasta and cheese, cereal and milk, cottage cheese and 100% fruit juice

Water

- Drink water, drink water and drink more water - before, during and after physical activity/competition.
- Keep a water bottle with you all times.
- Drink 6-8 cups of water everyday
- Drink about 16oz (2 cups) two hours before competition.
- During competition, it is important to drink water regularly (every 15-20) even if you don't feel thirsty. When you feel thirsty, your performance is already at a 2% decrease.
- If your competition lasts more than an hour, consider consuming a sports drink with electrolytes to delay onset of fatigue.

In Summary...

	Before	During	After (30 minutes and 2 hours)
Carbohydrate	High	Low	High
Protein	Moderate	None	Low
Fat	Low	None	Low
Foods	<p><u>2-4 hours before:</u> Eat a regular balanced meal (carbohydrate, protein, fat) (eg turkey sandwich on wheat bread and fruit)</p> <p><u>30-90 minutes before workout/competition (high carbohydrate)</u> Small banana, cup of non-fat/low fat yoghurt, goldfish crackers/animal crackers, 8oz fruit smoothie</p>	Simple carbohydrate , eg 1 cup Gatorade for every 2 cups water	Pasta, bagels, yogurt, cheese, 100% fruit juice, cereal and milk, cottage cheese
Water	Drink 2 cups, two hours before competition	Drink every 15-20 minutes	Drink at least 2 cups

Resources

US Department of Agriculture's My Food Guide Pyramid

www.mypyramid.gov

EatRight® Home-Based Weight Management Program for Individuals with SCI:

<http://www.spinalcord.uab.edu/show.asp?durki=78095&site=1021&return=77527>

BlazeSports America for physical activity and disability sport programs and services in Georgia and around the country

www.blazesports.org

National Center on Physical Activity and Disability Health Promotion

<http://www.ncpad.org/nutrition/>

How to find a dietitian:

A registered dietitian can help assess individual dietary needs and develop individual goals and diet plan. To find a registered dietitian in your area, ask your physician/health care provider for a referral or go to the American Dietetic Association website (www.eatright.org), and click on "Find a Nutrition Professional".

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Sources:

1. US Department of Agriculture, My Pyramid, www.mypyramid.gov. 2005. Accessed June 4, 2008.
2. Columbia University, *Columbia University Women's Soccer, 2008 Summer Training Manual*
3. University of Alabama Birmingham Spinal Cord Injury Care System. www.spinalcord.uab.edu. Accessed June 2, 2008.