

## Competition Day Fueling Plan for Athletes



### The night before

- ✓ Eat a high carbohydrate meal and be sure to drink plenty of water
- ✓ Get at least 7-8 hours of sleep

<p><b>Teriyaki chicken rice bowl</b>            1-2 cups brown rice            4-6 oz chicken            Mixed vegetables            Low fat milk</p>	<p><b>Spaghetti and meat sauce</b>            1-2 cups whole wheat pasta            1 cup spaghetti sauce            3-4 oz lean meat            Italian bread            Salad with low-fat dressing</p>	<p><b>Soft tacos</b>            3-4 whole wheat tortillas            1-2 cups rice            3-4 oz lean ground meat or grilled chicken            Beans            Cheese            Corn, lettuce, tomato</p>
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### Evening Snack

Peanut butter sandwich  
 Yogurt parfait  
 Cereal with milk  
 Granola bar

Low-fat popcorn  
 Pretzels with string cheese  
 Trail mix  
 Banana and peanut butter

### 4 hours Pre Competition

- ✓ Eat a meal high in whole grain carbohydrates, lean protein, and healthy fat.
- ✓ Be sure to have at least 20 ounces of water

<p><b>Grilled chicken</b>            3-4 oz grilled chicken            Sweet or baked potato with toppings of choice (watch high fat choices)            1 cup vegetables</p>	<p><b>Grilled fish</b>            3-4 oz grilled fish            1-2 cups mashed potatoes            1 cup vegetables</p>	<p><b>Sandwich</b>            3-4 oz ham, turkey, chicken or roast beef sandwich on whole wheat bread            Baked Lays or pretzels</p>
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**1 hour Pre Competition**

- ✓ Be sure to have snack high in carbohydrate
- ✓ Avoid foods that are high in protein or fat (they take a while to digest and may upset your stomach)
- ✓ Drink another 8-10 oz of water
- ✓ Ideas for snacks:
  - Peanut butter sandwich
  - Pretzels or crackers
  - Fruit
  - Granola bar

**Competition Time**

- ✓ Try to drink 4 oz of fluid every 15-20 minutes of participation
- ✓ For continuous activity lasting longer than 60 minutes drink 20-32 oz of a sports drink for every hour of exercise to keep fuel stores and electrolytes balanced

**For optimal performance, remember the three R's:**

✓ **Refuel, Rehydrate, Replenish**

**Post-Competition**

- ✓ Refuel as soon as you able after exercise; within 15-60 minutes is optimal
- ✓ Have a snack within 15-60 minutes and a well-balanced meal 1-2 hours following exercise

<p><b>Roast beef</b>            1-2 cups brown rice            4-6 oz chicken            Mixed vegetables            Low fat milk</p>	<p><b>Grilled chicken sandwich</b>            1-2 cups whole wheat pasta            1 cup spaghetti sauce            3-4 oz lean meat            Italian bread            Salad with low-fat dressing</p>	<p><b>Whole wheat pita</b>            3-4 whole wheat tortillas            1-2 cups rice            3-4 oz lean ground meat or            grilled chicken            Beans            Cheese            Corn, lettuce, tomato</p>
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