

Nutrition for Competition



NUTRITION FOR COMPETITION

We need to eat the right foods for our body so we can train and compete to the best of our ability. Carbohydrates and proteins are important foods to make your body work properly when you exercise.

CARBOHYDRATES

Carbohydrates give us energy to work, play and compete.

Here are some carbohydrate foods:



CEREAL



BREAD



VEG



POTATOES



PASTA



RICE



FRUIT

PROTEIN

Our bodies use protein foods for growth and repair of muscles.

Here are some protein foods:



MEAT



NUTS



CHICKEN



DAIRY



FISH

TOP TIPS FOR HEALTY ATHLETES



Eating every 3-4 hours, or 3 balanced meals and 2-3 snacks throughout the day, helps athletes feel and perform their best.



Every meal should include carbohydrates, proteins and fruit and vegetables.



Eat between 2-4 hours before an event; this will give you more energy.



Athletes should drink plenty of water before, during and after exercise.



Fizzy drinks are not good for hydrating. If you don't like the taste of water you can mix a little of your favourite juice for a nice drink. Water is best.

KIT BAG ESSENTIALS



WATER



SANDWICH



CEREAL BAR



DRIED OR
FRESH FRUIT



FRUIT JUICE OR
DILUTED FRUIT SQUASH

SAMPLE FOODS TO EAT WHEN PREPARING FOR EVENTS



NIGHT BEFORE



BREAKFAST



PACKED LUNCH

DRINK PLENTY OF WATER	DRINK WATER	WHOLEMEAL SANDWICH WITH MEAT /CHEESE AND SALAD
		
HAVE A MEAL HIGH IN CARBOHYDRATES	HAVE CEREAL OR TOAST WITH FRUIT AND MILK	BANANA, YOGHURT WATER
		

HYDRATION



Our bodies are made up of lots of water – nearly half. We lose water when we exercise, sweat and go to the toilet.



If our bodies don't have enough water we can feel unwell and get cramp when we exercise.



It is important to drink enough water so we can perform at our best.

	BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
WHEN	APPROXIMATELY 30 MINUTES BEFORE EXERCISE	EVERY 15-20 MINUTES DURING EXERCISE YOU SHOULD STOP TO DRINK WATER	SOON AFTER AND FOR THE NEXT FEW HOURS AFTER EXERCISE AS NEEDED
DRINK	AIM: 2 GLASSES	AIM: 1-2 GLASSES	BOTTLE OF WATER
WHAT	WATER 	WATER 	WATER, FRUIT JUICE, LOW FAT MILK 

Sugar content of popular soft drinks:

Avoid drinking sports drinks and fizzy drinks water is best for rehydrating you before, during and after exercise. As sports drinks have a high amount of sugar, if you drink too many it can lead to weight gain and problems with your teeth.

It is better to use water when exercising it is much healthier and has the same benefits as sports drinks.

	SUGARY DRINKS	SUGAR IN TEASPOONS
	RED BULL	5.5
	ENERGISE SPORT	2.5
	POWERADE	4

	LUCOZADE SPORT	3.5
	COKE	11
	CLUB ORANGE	13
	RIBENA CARTON	8
	7UP	11
	CAPRI SUN	5.5



SHIRTS

Your shoulders and arms should be able to move freely. Shirts should fit loosely, but not so loosely that they are baggy. A shirt with no sleeves or t-shirt is best for training. Make sure the shirt is not long enough to tuck into the shorts or pants.



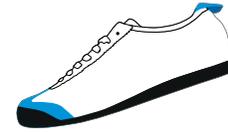
SHORTS / PANTS

Shorts/Pants should have a waistband that fits well. They should be comfortable and not falling down during activities. They should allow you to move freely when exercising.



SOCKS

Socks need to be made of mixed fabric and give you support, help prevent blisters, and sweating. It is better to wear socks that made from either polyester or acrylic. These materials keep your feet dry and more comfortable.



SHOES

Shoes are the most important thing athletes have to wear. It is important you get fitted properly for shoes for different activities. You should get new shoes every 6 months if you are using them a lot for training.

When you are getting shoes make sure that they have:

1. A thick padded heel cushion, this stops you from getting blisters and injuries.
2. They have a thick sole on the bottom.
3. They have good flexibility.
4. Are they the correct size and fit well.
5. It is important to think about any problems you may have with your feet when buying training shoes and talk to the person in the shoe shop.

