



Competition Nutrition Guide

The main source of energy during exercise is derived from carbohydrate, therefore, it is not surprising that high carbohydrate meals and drinks are essential to provide energy and facilitate recovery. The timing of meals and snacks is an important part of replenishing your body's reserves.

30 Minute Rule

The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. Thereafter, the process becomes progressively more difficult. You should eat 50 – 100 grams of carbohydrate whilst keeping fat ingestion low as soon as training or the event ends and definitely within the next 30 minutes. The following are examples of appropriate snack foods and their approximate carbohydrate content:

1x thick jam or honey sandwich with minimal butter/spread	50g
Granola bar	29g (per 2 bar pack)
Fruit smoothie or shake (low fat milk)	25-30g (per glass)
Nutrigrain elevenses bar	20-30g
Muller Rice	20g
An apple, banana or orange	15-20g
Malt loaf	18g (per 1/8 of a loaf)
Fig rolls	13g (per biscuit)

Other excellent snacks are rice cakes and dried fruit/bananas.

Note: As the body stores water with carbohydrate it is essential that substantial amounts of fluid is drunk with meals and snacks.

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Start of race/match day

High carbohydrate / low fat meal 2-4 hours before the race/match. Suitable foods include: breakfast cereals, porridge, bread, rolls, toast, fruit juice, rice cakes, plain crackers, boiled pasts, boiled rice, potatoes, dried fruit, oatmeal biscuits, plain wholemeal biscuits, muffins and carbohydrate drinks. These are all "complex carbohydrates" as they release energy slowly. Avoid "simple carbohydrates" (e.g. sugars) as these release energy quickly but trigger the release of insulin which can have a negative effect on performance.

Before the race/match

A small carbohydrate snack can be eaten about 30 minutes before the race/match.

After the race/match

- If the interval to the next event is less than 30 minutes you should just drink fluids (juices or a sports drink).
- If the interval is up to 1 hour you should have a snack with plenty of fluid up to 30 minutes before the event.
- If the interval is 1 to 2 hours you should have a small high carbohydrate/low fat meal.
- If the interval is longer than 2 hours you should have a substantial meal no less than 2 hours before the next event.