

Dr. Shockley's Health Tips

NUTRITION GUIDELINES FOR ATHLETES / ACTIVITIES

The Night Before:

- ☆ You are preparing your body for competition. Your muscles are stockpiling glycogen so you want to take in an adequate amount of carbohydrates. However, this may not be a marathon, so you do not need to carb-load for days ahead of time.
- ☆ A combination of low fat protein & carbohydrates is best. Examples: Spaghetti with meat (lean if possible) sauce, grilled chicken breast & baked potato, etc.
- ☆ Hydration should have begun 2 days ago already! You need to start hydrating yourself 3 days prior to an event to make sure that you will be adequately hydrated. The bare minimum of what you should be consuming is at least half your body weight in ounces per day. You'll have to be sure to drink more to replace what is lost through your training on these days too. A good rule of thumb is to make sure that your urine is the color of pale lemonade & not apple juice.

Before the Event (Breakfast):

- ☆ DO NOT SKIP BREAKFAST!!!!
- ☆ Finish eating your breakfast at least 3 hours before your first event.
- ☆ If you are not competing until much later in the day or if you have a lot of events throughout the day, eat a bigger breakfast (but allow enough time to digest!)
- ☆ Heavy on carbohydrates, medium protein, low in fat & fiber
- ☆ Examples: pancakes (maybe with one egg, but no bacon or sausage!!), cereal with milk, bagel with peanut butter & banana & a yogurt, etc.
- ☆ Start hydrating already now! At least 16 ounces of water before leaving home.

During the Event:

- ☆ *Eat between every event unless your events are less than 45 minutes apart!*
- ☆ Eat right after your cooldown so you have enough time to digest before your next event.
- ☆ *Carry a water bottle with you ALL DAY – even when you are out of the tent (while watching others compete, while you are warming up, right before & after your events, etc.)*
- ☆ **If you have a while to digest your food (a couple of hours):**
 - Bagel with peanut butter
 - Turkey sandwich/Subway sandwich
 - Combination of foods listed below
- ☆ **If you need to eat just a quick snack between events:**
 - Pretzels (the salt is good if you are sweating a lot)

- Bananas
- Oranges
- Apples
- Other Fruit
- Yogurt
- Power Bar or equivalent with less than 12-15 grams of protein
- Dry cereal
- Low fat granola
- Crackers
- Granola or nutri-grain bars

☆ **What NOT to eat**

- Soda or energy drinks – the high amount of sugar & caffeine will eventually lead you to crash & will further dehydrate you!!
- Food high in fat – chips, cookies, burgers, chocolate, etc.
- Food high in protein – beef jerkey, burgers, etc
- Anything that you know will upset your stomach!

☆ If you feel dizzy or light-headed because you have not eaten enough, you want to take in a combination of easily digestible carbohydrates & liquids quickly. Try not to let yourself get to this point, but if it happens, eat & drink ASAP.

☆ **Hydration**

- Don't JUST drink Gatorade or equivalent. You should take in about an equal amount of water throughout the day.
- Once again, you should be drinking water throughout the entire day!! Don't just hydrate in spurts!!!
- You should probably drink at least a couple of Nalgene size (32oz) bottles during the event.

After The Event:

- ☆ If you competed in a number of events, you probably just burned a good deal of calories. It is important that you replace those calories!!!
- ☆ Believe it or not, your muscles will be less sore the next day if you take in calories within 45 minutes of your last event
- ☆ A combination of carbohydrates & protein is best for your body now!!
- ☆ Be sure to continue hydrating, especially if you have lost weight (this is lost WATER!!) during the event.