

Eating to Win!

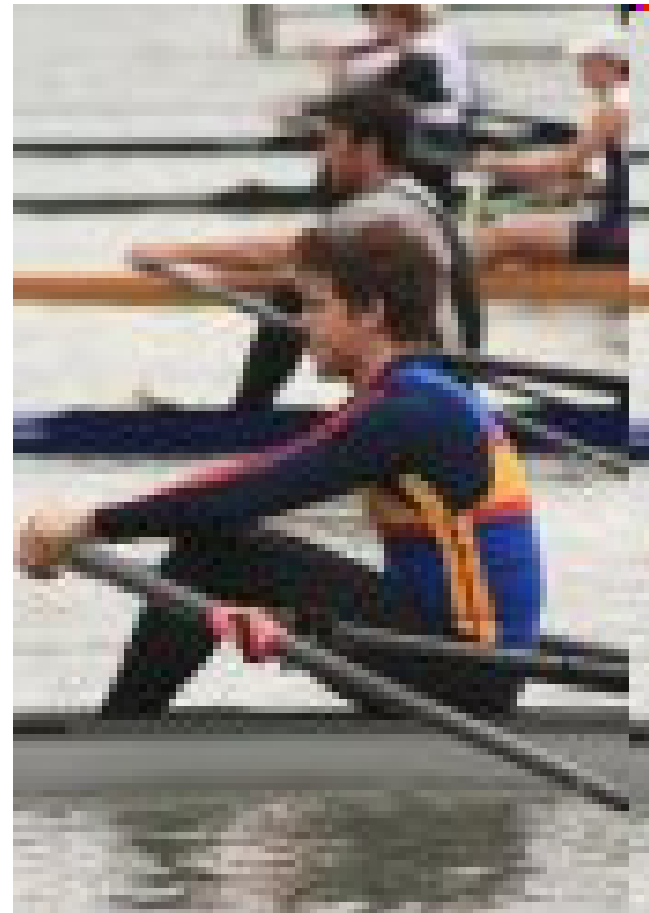
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Eating to Win

Outline

- 1. The training diet
(campfire)**
- 2. The day before
(candle)**
- 3. Competition day
(car)**



The Training Diet

- 1. Determines your potential**
- 2. The foundation of your training
Your FUEL**
- 3. Practice your food**



Your metabolism is like a campfire



- Eat throughout the day to keep the fire burning

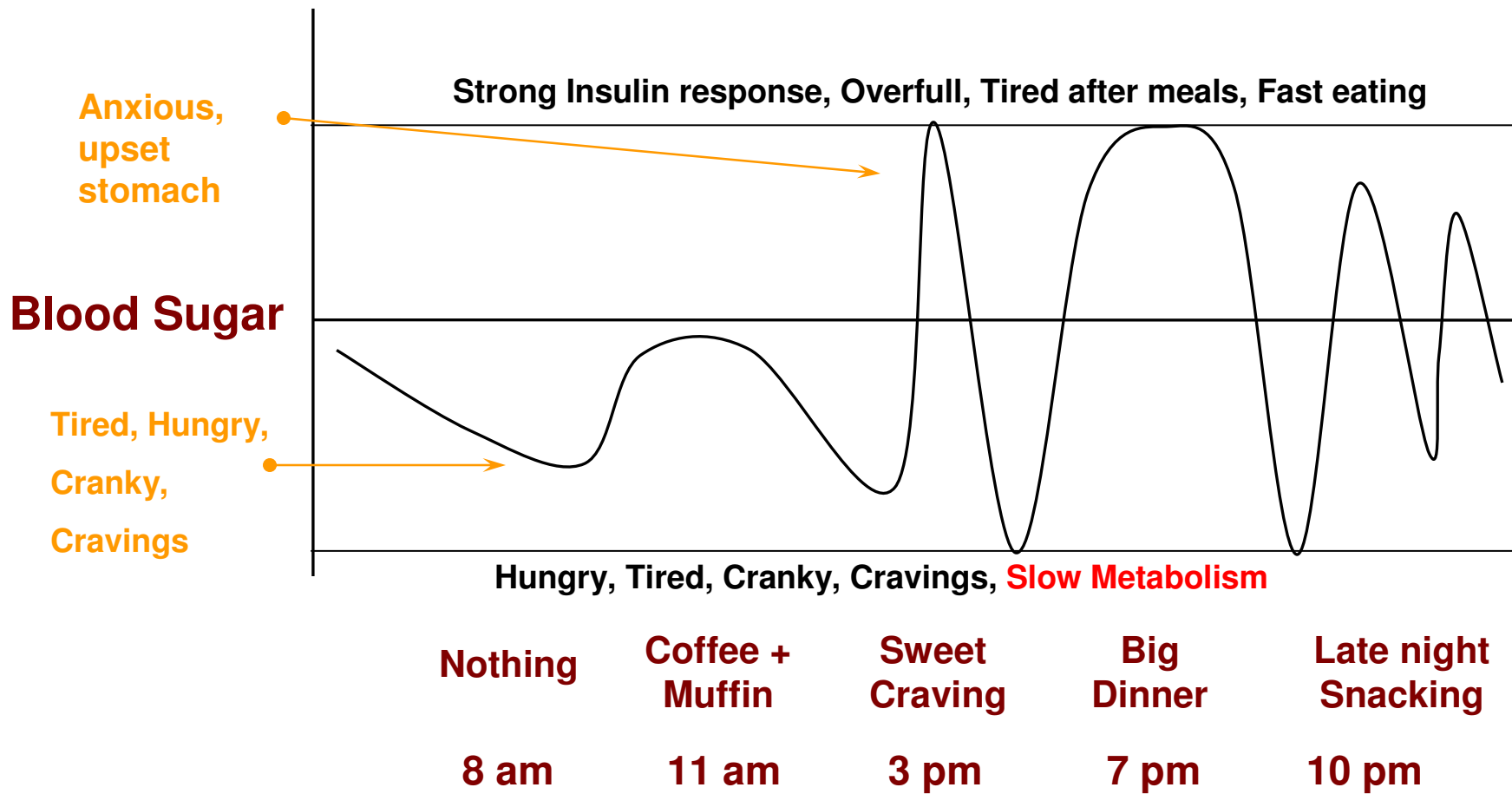
Choose “**slow burning foods**” ie:
whole wheat bread, fresh fruit,
vegetables, low fat dairy and lean
meats



Rather than “**fast burning foods**” ie:
white bread, sugary cereal, cookies,
candy, pop...



Food-Energy Connection



Eat Every 2-4 Hours

Frequent small meals and snacks

Fast Recovery,
Energized
Quick digestion

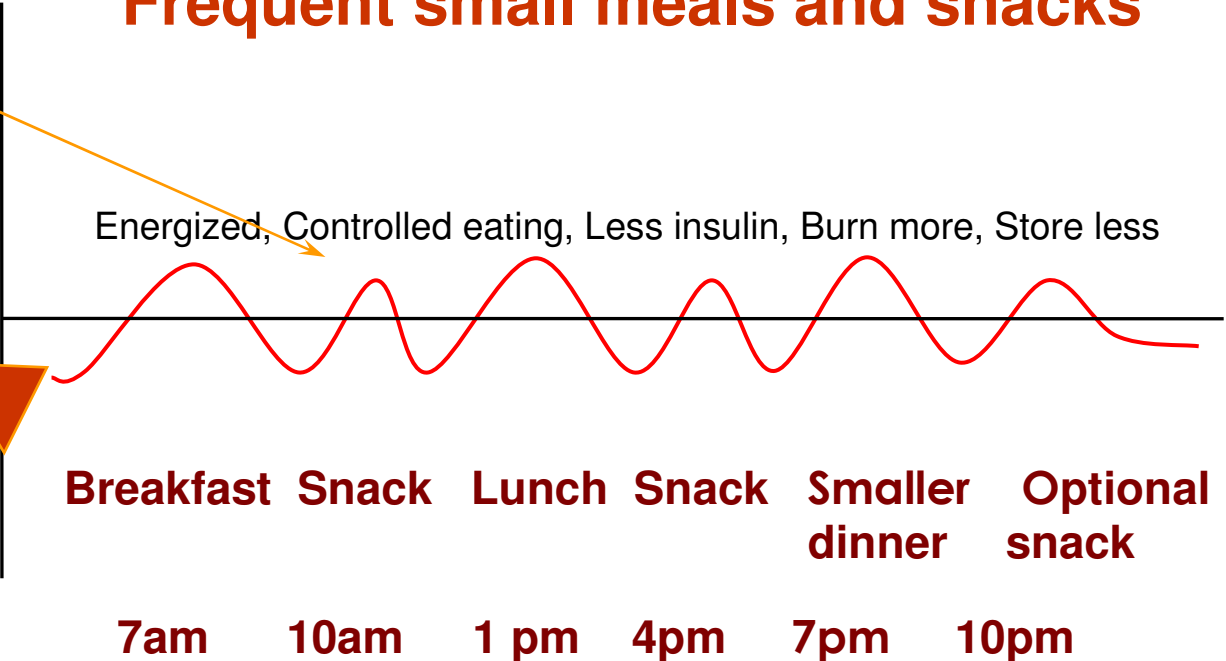
Blood Sugar

Energized, Controlled eating, Less insulin, Burn more, Store less

Breakfast boosts metabolism

Breakfast Snack Lunch Snack Smaller dinner Optional snack

7am 10am 1 pm 4pm 7pm 10pm



Benefits of Frequent Small Meals

- Strong metabolism
- Reduced cravings
- Less overeating at meals
- Reduced abdominal body fat
- Increased energy
- Better concentration/focus
- **Faster recovery from exercise**



Glycogen: Limiting Fuel

Carbs are stored in limited amounts as Glycogen

Candle Analogy



- **Glycogen is like the wick (limited amount)**
- **Body fat is like the wax**
- **Without the wick your flame goes out**

When your Glycogen is done...so are you

Think to Drink

- **1% dehydration=10% ↓ performance**
- **Signs of dehydration:**

dark urine, headaches, poor concentration, fast heart beat, early fatigue

- **8-15 cups fluid/day
(2-3 Litres)**



Maximizing Glycogen

- 1. Eat a high carbohydrate diet 55%+**
- 2. Eat frequently (every 2-4 hours)**
- 3. Eat immediately after workouts**
- 4. Drink lots of fluids**
- 5. Consume carbs during long workouts (over 90 minutes) – sport drink or dilute juice**

Speeding Recovery

Eat/drink carbohydrates within 15-30 min. after hard workouts

- **Drinks: Sport drink or juice or fruit**
- **Protein is a bonus:**
 - **Chocolate milk or soy (drink box)**
 - **Sport bar**
 - **Sandwich**
 - **Yogourt**
 - **Almonds and apricots (trailmix)**



The Day Before (Rest and stretch)

- 1. Bring your own food**
- 2. Eat every 3-4 hours**
- 3. Avoid alcohol**
- 4. Choose high carbohydrate, low fat meals/snacks**
- 5. Avoid any “new foods”**
- 6. Hydrate!**

Portable Food Ideas

- **Fruit fresh/dried**
- **Crackers/Biscuits**
- **Peanut Butter**
- **Sport Bars**
- **Trail Mix**
- **Instant hot cereal**

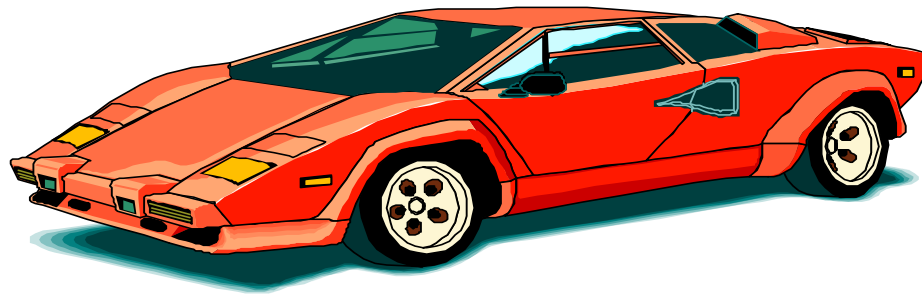
Competition Day

Challenges: nerves, unusual foods, multiple events...

- 1. Small frequent meals: (graze every 2-3hrs.)**
- 2. Choose “easy to digest” foods between events(low fat)**
- 3. Post-event snack (within15 min)**
- 4. Sip all day (1cup/hr, avoid caffeine)**

Race Car Analogy

- **Food is your fuel**
- **Choose “high octane” fuel**
- **Keep your tank full**
- **Fluids are your coolant**



What to Eat Before Exercise?

Low fibre, low fat, high carb, avoid sugar

- **Sandwiches/Sub, low fat toppings**
- **Fresh fruit, yogourt**
- **Bagel and Peanut butter**
- **Homemade trail mix**
- **Sport bars...**

Everyone is different. Find what works for you...

Ideas for post event

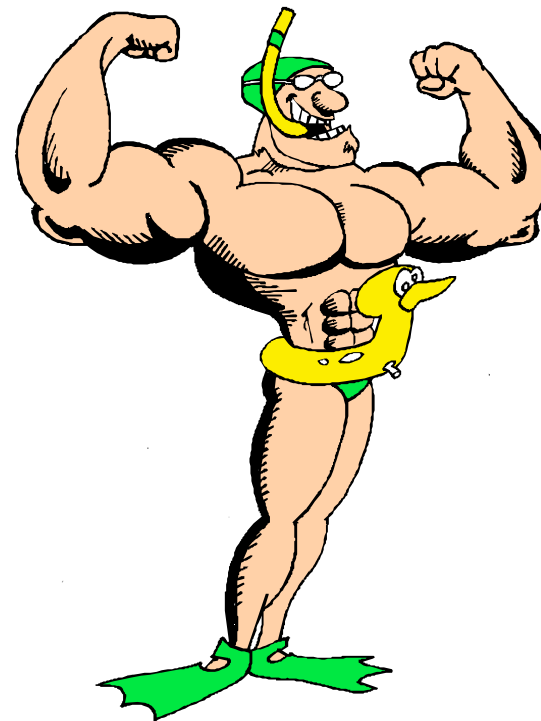
**Eat/drink carbohydrates within
15-30 min. after exercise**

- **1 Litre of sport drink**
- **2 cups of juice**
- **2 cups of chocolate milk**
- **Sport bar and water...**

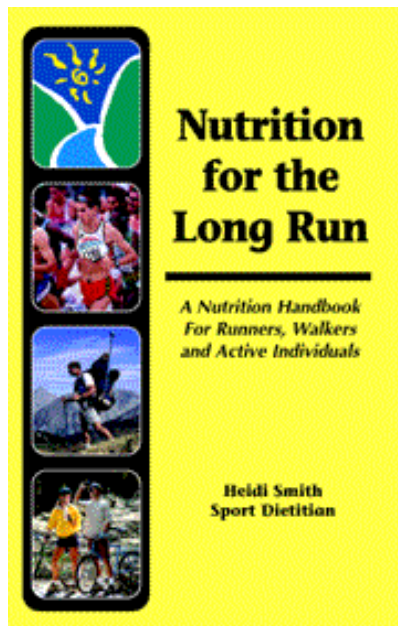
Minimum of 50g of carbohydrate every 2 hours

Putting it all together

- **Practice your nutrition**
- **Carry food with you**
- **Think to drink**



More Information...



1. **Personalized Nutrition Coaching**
How much should I eat? Am I eating the right foods? Find time strategies that work. Pick up a business card.
Erin Armitage, RD
www.uoguelph.ca/hpc
2. **Nutrition for the Long Run**
\$20 for 2 of \$15 for 1
3. www.heidismithnutrition.com
recipes, cramping tips, links

Eating to Win: Preparing for Competition



Erin Armitage, RD