

Nutrition for VB Competition

IMPORTANCE OF NUTRITION DURING COMPETITION

How you fuel throughout competition can give you the winning edge. The main goals are to have consistent energy levels throughout, feel energized before games and maximize recovery in between matches.

NUTRITIONAL TIPS FOR OPTIMAL PERFORMANCE

- Eat the proper amounts of protein, fat, and carbohydrates at the right time
 - Varies per individual
 - 50-65% carbs, 20-30% protein, 15-30% healthy fat
 - Consume enough calories (fuel)
 - Spread calories throughout the **WHOLE** event
 - Avoid eating the majority of calories at the end of :competition
 - If you are “starving” after competition you did not eat enough beforehand
 - Hydrate at least ½ your weight in fluid ounces a day
 - Spread the fluid evenly throughout the competition

- What types of fluid varies per individual
- Monitor hydration
- Eliminate any foods that have little or no nutritional value
- Try all food and fluid options first on a training day
- Intake at least 2300mg/sodium a day
- Log nutrition and fluid intake on myfitnesspal.com or sparkpeople.com
 - Make adjustments as needed

SAMPLE COMPETITION MENU

Breakfast		6am-7am
1	Whole Egg, 4 Egg Whites	
½ cup	Spinach/Broccoli	
1oz	WW Thomas thin	
3T	Avocado	
10-20oz	Water	
Tournament		7:30am-1pm
10-16oz	Water an hour	
9-10am		
½	Premier Protein Shake	
½	Clif Energy Bar	
10	Salted Almonds	
10-11:00am		
½	Premier Protein Shake	
½	Clif Energy Bar	
Lunch		1pm-2pm
6"	Subway-low fat menu	
	Lean Meat	
1oz	Cheese	
	Veggies--unlimited	
1oz	Salted Pretzels	
10-16oz	Water	
<p><i>I highly recommend working with a Sports Dietitian to design a personalized competition menu. There are too many variables that can impact the outcome.</i></p>		



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