

II. EATING FOR COMPETITION

If there is insufficient gas, oil, or water in your car, it certainly isn't going to get you very far or provide maximum performance. In this same way, your body's engine needs to be well-fueled and well-hydrated to maximize your power, concentration, and overall potential on the mat. The following offers suggestions for a winning performance. See "FUELING UP" section (pages 9-10) for details on glycemic index categories and examples of food high in carbohydrate, protein, and fat.

Recommendation	Comment
<p>The Day Before a Match Two Hours before bedtime (especially if there is no time for breakfast in the morning) Drink 18-20 ounces of water or sports drink Eat a performance snack consisting of low glycemic index carbohydrates and protein foods</p>	<p>Sample of Performance Snacks A few graham crackers with peanut butter, or ½ turkey sandwich, or a package of an instant breakfast mix with skim milk.</p>
<p>Match or Training Day 4–5 hours before: 600-1000 calories: eat high carbohydrate (120-200 grams), moderate protein (7-14 grams) and moderate fat (<15 grams) foods 1½- 2 hours before: 250-350 calories: eat high carbohydrate (30-60 grams), low protein (<7 grams) and low fat (<5 grams) foods</p>	<p>Example: If Match is at 11 am, then: Breakfast (2–3 hours ahead): Orange juice, Bagel with jam or Cereal and skim milk and a banana If Match is at 2 pm, then: Breakfast (4-5 hours ahead): 100 % fruit juice Pancakes/waffles/syrup Skim or 1% milk Lunch (2-3 hours ahead): Nonfat fruit-flavored yogurt banana 100% fruit juice</p>
<p>From Weigh-in to Match Drink 8-12 oz. of sports drink Between Matches Eat high glycemic index carbohydrates</p>	<p>Sample of Between Match Foods: dry cereal, bagel, jelly beans, graham crackers Limit fat (< 5 grams) Limit protein (< 7 grams) Drink 8-12 oz. of water or sports drink</p>
<p>After the Match The first 15 minutes after strenuous activity are the most critical for replacing carbohydrates and building glycogen stores. Note: High fat, empty calorie foods and beverages like candy bars, pastries, carbonated beverages consumed immediately after an event may not supply the proper amounts of carbohydrates, vitamins, minerals, and fluids needed to enhance recovery. In addition, alcohol slows down the recovery process and may increase the risk of injury or fatigue.</p>	<p>Follow the three R's of Recovery: Rehydrate: your muscles with water Replenish: your muscles with carbohydrates like fruit juice or carbohydrate-loading beverages (0.2 to 0.7 grams carbohydrate/lb of body weight) Repair : your muscles to prevent injury by continuing to drink water or fruit juice and keeping the emphasis on eating high carbohydrate foods for the next 2 hours along with foods containing proteins and fats</p>