

# COMPETITION NUTRITION

By Dietitian Ola Luczak

Hello! I am the **sports dietitian** who has the privilege of working with your young athletes at Salesian College. I frequently get asked what foods are required to help fuel and maximize sports performance. Here are some guidelines to help get your children what they need.

## NIGHT BEFORE THE EVENT

- at least  $\frac{1}{3}$  of your dinner plate should contain a starchy carbohydrate

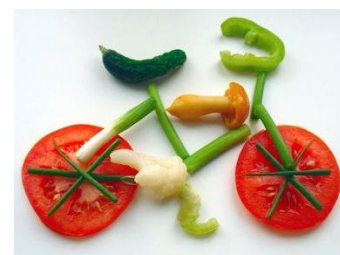
### ➤ Dinner:

- Spaghetti bolognese or pasta bake
- Chicken / beef stir fry with 1-2 cups rice / noodles
- Risotto
- Low fat fried rice

### ➤ Dessert / Supper:

- should be high in carbohydrates and low fat to top up fuel stores

- Banana / berries & reduced fat custard
- Tinned fruit & reduced fat ice-cream / yoghurt
- Fruit Crumble and reduced fat ice-cream
- Sliced fruit & Jelly



## PRE-GAME MEAL

- 2-4 hours before the event, high in carbohydrates (50-100g), easy to digest, low in fat and foods that you enjoy

### ➤ Breakfast:

- Breakfast cereal + reduced fat milk & fruit
- Toast with jam / honey + 1 glass Milo
- Porridge with reduced fat milk & 1 glass fruit juice
- English muffin / crumpets with jam / honey
- Baked beans / canned spaghetti on toast

### ➤ Lunch:

- Pasta with tomato based sauce
- Wholemeal roll / sandwich with banana & honey
- Pita bread wrap / sandwich with ham/ chicken & salad
- Low fat fried rice or risotto



## PRE-EVENT SNACK

- 1-2 hours before the event, carbohydrate based to top up fuel stores. Also start to sip on 300-500ml fluid during this time.

- Muesli bar & banana
- Rice crackers / corn thins
- Low fat fruit muffin
- Yoghurt + fruit
- Dried or fresh fruit

➤ Practice using these strategies in training sessions so that you are comfortable that your stomach can tolerate the foods.

➤ If you suffer from pre-match nerves or cannot compete on a full stomach – try having a liquid meal (eg. low fat fruit smoothie, sustagen sport, up & go or Milo) or eat early and top up with small carbohydrate snacks & drinks closer to the game.

## OTHER RESOURCES

- AIS (<http://www.ausport.gov.au/ais/nutrition>) > recipes / fact sheets
- Sports Dietitians Australia (<http://www.sportsdietitians.com.au/>) > fact sheets
- Australian Healthy Food Guide (<http://www.healthyfoodguide.com.au/>) > recipes