

TIMING AND FOOD SUGGESTIONS:

1 hour or less between events:

CHO liquids are usually best – sports drinks. Suitable solid foods – fruit such as bananas and oranges.

The more food there is in the stomach the longer it takes to digest and this may be furthered delayed by nervousness.

2–3 hours between events:

More solid CHO foods can be eaten – bread varieties, milk foods and fruit are good and also sports drinks.

4 hours or more between events:

A high CHO full meal can be eaten –sandwiches, pasta or rice dishes, fruit and yoghurt and sports drink will give good energy.

Events at night:

Have a substantial high CHO meal at lunch-time and then a large snack before returning to the venue. Keep energy levels and fluids up by drinking sports drinks regularly up to competition time. Have a light snack after competition before bedtime – do not forget the recovery snack.

FLUIDS

Hydration and electrolytes are important for maintaining performance over a period of time.

Sports drinks replace energy and fluid and electrolytes. Water and other beverages can be used but sports drinks have the optimal level of CHO and sodium to enhance absorption and aid hydration.

Start drinking fluids early on competition days and continue to drink regularly throughout the day. Eating solid food will help to maintain hydration levels.

Exercising in heat will mean that more fluid is needed. Swimmers need to be aware that the warm water and heated atmosphere of pools can increase sweat losses.

General recommendations are to drink 100-300ml of sport drink approximately every 15minutes during a game if appropriate and to re-hydrate at 1.5X the kg weight loss after exercise.

Alcohol and caffeine containing beverages are not suitable re-hydration drinks as these may increase urinary output and reduce muscle glycogen restoration.

Supporting handouts: Training Nutrition, Fluids, Recovery and Competition Nutrition



NUTRITION FOR TOURNAMENT TIME

A Sports Nutrition Handout by
NZ Academy of Sport Dietitians

PRINCIPAL AUTHORS: Christine King, MSc NZRD

For best results this handout should be delivered
by a NZ Academy of Sport Nutrition Provider

Contact: www.nzas.org.nz

NUTRITION FOR TOURNAMENT TIME

Tournaments are usually held over several days. The number of games played in a day range from one to two or three depending on the sport. Similarly swimming and athletic meets may run for one day or several days with varying amounts of actual competition for an athlete and a lot of waiting time!

Over the course of a tournament an athletes fuel and fluids including electrolytes need to be regularly replaced.

Successful nutritional management during a tournament involves planning and preparation.

Firstly good nutrition during training and the days before the competition will ensure good energy stores and adequate nutrients for the all important competition. A wide variety of foods in adequate amounts will ensure sufficient energy and other nutrients.

Nutritional recovery is essential for maintaining energy and fluid levels during the tournament. Having a good supply of light easily digested familiar foods is essential.

Always use foods you have tried and like. Practise different pre-game and during competition foods in training to find the ones which suit you best.

COMPETITION DAY

Breakfast choices – these will depend on the timing of the first game/event, but should be high carbohydrate, low fat and contain some protein. Include fluids with breakfast.

Suggestions

Cereal with fruit, yoghurt and milk, toast and spreads, pancakes and syrup, scrambled egg or baked beans on toast and beverages.

For those who have an early start or “butterflies in the tummy” a liquid meal such as a smoothie or liquid meal replacer shake may be better.

Foods for during the competition day – take a “lunch/snack” pack with you. A small chilly bin will keep food safe and drinks cool.

Often food is available from a canteen or food stall. Commonly the foods available are high fat choices. Unless you are sure of what will be provided, do not rely on the canteen for your competition fuel.

BE PREPARED – BYO SNACKS

Suggestions for the snack pack:

- Sandwiches and rolls and other bread based snacks of your choice
- Pikelets and jam, muffins and scones
- Toasties with spaghetti or creamed corn
- Fruit – fresh, dried and canned
- Creamed rice
- Yoghurt and low fat milk drinks
- Smoothie
- Liquid meal supplements
- Jelly lollies
- Juice or fruit drinks
- Sports drink
- Bars – sports, energy and muesli.

Recovery between games/events is critical if energy levels are to be maintained. Best recovery is achieved if high CHO food and drink is taken within 15–30minutes of finishing exercise. A sports drink may be sufficient.

When time between events is short sports drink, jelly lollies and white bread with honey will usually be best tolerated. If time is a little longer, it is a good idea to consume a small amount of protein also. Milk drinks and liquid meal replacers are a useful addition to sports drinks and other high CHO foods in promoting recovery.

Recovery snacks of 1–1.5gCHO/kg body weight should be eaten every 2hours after exercise until the next regular meal is eaten.

Lots of little snacks will keep energy levels up when waiting for the next event or heat.