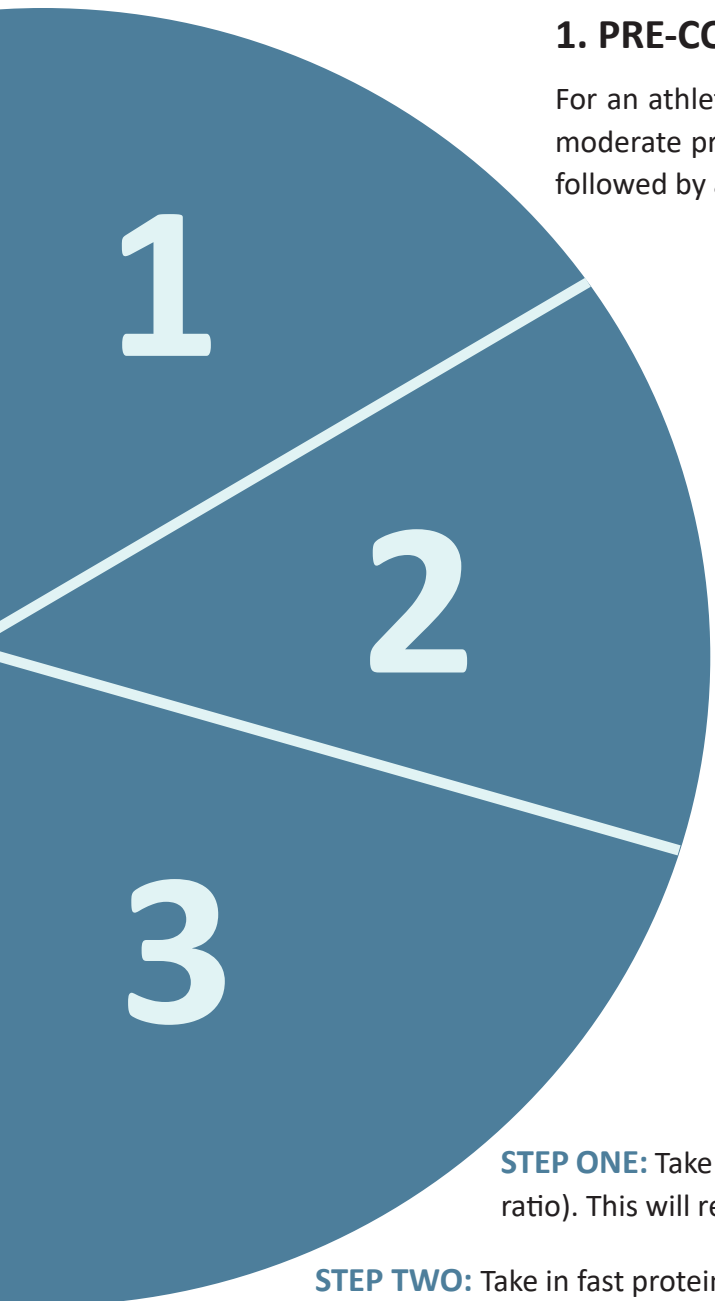


# NUTRITION AND PERFORMANCE

## Quick Facts for Athletes <sup>1</sup>



### 1. PRE-COMPETITION:

For an athlete to perform at their best, it is important to eat a high-carb, moderate protein, low-fat meal three hours before training or competing, followed by a snack every hour.

### 2. DURING COMPETITION:

Athletes lose 10% of their overall performance for every 2% they are dehydrated.<sup>2</sup> Athletes must stay hydrated during competitions. Preventing dehydration is a key to sustained performance, especially when competing for long periods of time and in multiple events in a day. During competition, athletes should stay hydrated with at least 10 oz. of a water/sports drink mix in a 50/50 ratio. It is important to sip, not gulp, this mixture throughout the competition or workout.

### 3. POST-COMPETITION:

Nutritional recovery should occur immediately after competition. Waiting after training to take in nutrients causes a lost training effect. When a workout is done, training is not done. Until an athlete recovers from the stress of training, their muscles cannot adapt properly.

**STEP ONE:** Take in 4-6 oz. of a sports drink (glucose mixed with water in a 50/50 ratio). This will release insulin to refuel depleted muscles.

**STEP TWO:** Take in fast protein (liquid form) such as protein drink, protein shakes, or yogurt. It is easier for the body to use liquid forms of protein than solid forms such as a protein bar.

**STEP THREE:** Take in 75g of carbohydrates. This is important to prevent muscle damage.

**STEP FOUR:** Within one hour eat a nutritional meal. The plate should be filled 1/2 with fruits or vegetables, 1/4 with lean protein, and 1/4 with complex carbohydrates.

<sup>1</sup>Power Back Diet

<sup>2</sup>American Athletic Institute Study, 2008