Pre-Event Eating

As an athlete, nutrition plays an important role in your health and it has a great impact on your performance. Follow the guidelines set out below to help achieve peak performance.

PURPOSE
The purpose of a pre-event meal is only to prevent hunger. The meal itself has little effect on the energy in your muscles.

EAT FOODS HIGH IN CARBOHYDRATE
Foods that are high in carbohydrate are digested quickly (e.g., pancakes, breads), and this is what you want. Carbohydrates are found in fruits, breads, cereal, grains, and pasta. When choosing high carbohydrate foods, make sure they are not high in fat as well (e.g., scones, croissants, cookies). Good carbohydrate choices from milk products are low fat milk, yogurt, and milkshakes, which also contain a small amount of protein.

KEEP FAT AND PROTEIN INTAKE LOW
Protein and fat are digested slowly. Foods like steak and hamburgers (which are high in protein and fat), and french fries and donuts (which are high in fat) should be avoided or kept to a minimum in your pre-event meal.

AVOID HIGH FIBRE FOODS
High fibre foods (e.g., bran muffin, beans, cabbage) are slow in digestion and may cause stomach problems. High fibre foods affect everyone differently, therefore, on the day of competition it is best to avoid the ones that disagree with you.

EAT 3 - 4 HOURS BEFORE YOUR EVENT
It can take from one to four hours to completely digest a meal, depending on what was eaten, but it is best to eat 3 - 4 hours prior to event time. Blood should be available to working muscles, not in the stomach, which may lead to cramps.

SAMPLE PRE-EVENT MEALS/SNACKS
Listed below are meals and a snack that are high in carbohydrate and relatively low in protein and fat.

BREAKFAST	LUNCH	SNACK
1 cup apple juice	1 chicken sandwich	1 blueberry muffin
1 cup rice krispies	1 cup vegetable soup	1 cup low fat yogurt
1 cup skim or 2% milk	1 cup skim or 2% milk	1 medium fresh orange
1/2 banana (on cereal)	4 fig newton cookies	
1 slice toast	1/2 cup apple sauce	
1 tbsp. jam or jelly		