



NUTRITION INFORMATION



A diet plan covering pre- and post- event food consumption has been created to help you both prepare for, and recover from the event. Variations to this plan can be made in circumstances where dietary requirements or food allergies dictate so.

Pre-event meal

If you are planning to have a big breakfast on the morning of the event, try to have it at least 3-4 hours prior to the scheduled start time. This will allow adequate time for the nutrients from the food to be digested and converted into fuel. It will also reduce the risk of suffering an upset stomach whilst competing.



As a general rule, if your pre-competition meal is four hours before the event, eat four grams of carbohydrate per kilogram of body weight. An example is rolled oats with diced fruit and honey and a tub of yoghurt.

If your pre-competition meal is one hour before your event, a fruit smoothie might be a good idea in this situation.

It is important to note that eating foods containing high sugar content such as lollies or honey won't give you an instant energy boost. It is also a good idea to avoid fatty or heavily processed foods, as these take longer for the body to process and do not provide a lot of energy.

Post event

Immediately following the event water intake should be high to help replace the fluids lost during exercise. It is important to avoid all forms of diuretic until you have fully rehydrated.

Within 30 minutes of finishing the event, try to ingest 1-2g of carbohydrate per kg of body weight. A sports drink is a good option.



Hydration

In the days leading up to the event it is vital that you monitor your hydration level. This can be done by monitoring the colour of your urine and following the rule that if your urine is clear, water consumption is adequate. If it is cloudy you're a little behind in your water consumption, and if it is yellow you are close to dehydration and should increase your water intake.

Dehydration leads to a dramatic reduction in performance and can leave you feeling unwell after the event.



With this in mind, it is also important to minimise consumption of diuretic (make you urinate more) drinks in the 24 hours leading up to the event. This includes all alcohol and caffeinated drinks, especially that morning coffee!





EXAMPLE MENU PLAN

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
Breakfast	Rolled oats with diced fruit and honey 1 glass juice	2 Pieces of multigrain toast with poached egg, 1 small tub of low fat yoghurt	Low fat muesli with Yoghurt	Rolled oats with diced fruit and honey 1 fruit smoothie	Low fat muesli with yoghurt 1 glass juice
Morning Tea	Low fat muffin (Almond meal) 1 piece fruit	2 corn/rice thins with salad topping 1 piece of fruit	6 water crackers / cheese 1 piece of fruit	Event	Low fat muffin (almond meal) 1 piece of fruit
Lunch	1 multigrain roll with salad and lean meat topping 1 cup of grapes	1 cup of pasta with tomato sauce, kidney beans and lean meat	1 1/2 cups chicken risotto 1 fruit cup	2 x salad sandwich 1 glass juice	Tuna salad with 4 rice cakes
Afternoon Tea	6 water crackers and cheese, 1 tub of low fat yoghurt	Low fat muffin (almond meal)	1 fruit smoothie with honey Carrott and celery sticks	2 rice/corn thins with salad topping	1 fruit smoothie carrott and celery sticks
Dinner	3/4 cup of brown rice with steamed vegetables and Grilled Fish	Grilled chicken with steamed veggies and baked potato	1 medium bowl of spaghetti bolognaise	3/4 cup of brown rice with steamed vegetables and 30g lean meat	Lean meat and vegetable stir-fry
Dessert	Fruit salad	Low fat yoghurt	2 scoops low fat ice cream	2 scoops low fat ice cream	Fruit Salad