Competition Day Feeding Tips

Icing on the Cake

What you eat everyday has the biggest impact on performance. So think of the Pre-Game meal or snack as the icing on the cake. An effective Pre-Game meal or snack can increase concentration, reduce injury susceptibility, maximize energy levels and optimize performance.

Pre-Competition Eating Tips

- The meal or snack eaten closest to game time should be the lightest meal of the day
- Avoid high sugar foods. They cause a sharp rise in blood sugar. What goes up quickly, comes down just as fast
- Avoid trying new foods and high fiber foods on the day of a competition. Experiment on the day of practice instead
- Favorite or "lucky" foods are acceptable in moderation
- Always allow adequate time for food to digest
- Keep the fat and protein to a minimum the closer you get to the event
- If you have a "nervous stomach" on days of competition, consider having a liquid meal. They digest faster.
- Plan ahead so you'll have healthy foods on hand
- When applying any nutritional advice, keep in mind that each individual's food tolerance may be different.

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Pre-Game Meal 3-4 hours prior
- Calorie Range: 700-1000
- Carbs 60-65%
- Fats 15-30%
- Protein 12-25%

Pre-Game Meal 2-3 hours prior
- Calorie Range: 400-800
- Carbs 60-65%
- Fats 15-25%
- Protein 12-20%

Pre-Game Snack 1-2 hours prior
- Calorie Range: 200-500
- Carbs 60-90%
- Fats 5-20%
- Protein 5-20%

Pre-Game Snack<than 1 hour prior
- Calorie Range: 50-250
- Carbs 60-100%
- Fat 0-20%
- Protein 0-20%

For more information please refer to the "Sports Nutrition Guide for Young Athletes" pg 34.