

Feed Your Active Body

The USDA's MyPyramid includes a personalized plan for healthy eating and physical activity.

- ✓ The color bands symbolize different food groups.
- ✓ Foods from ALL food groups are needed every day.



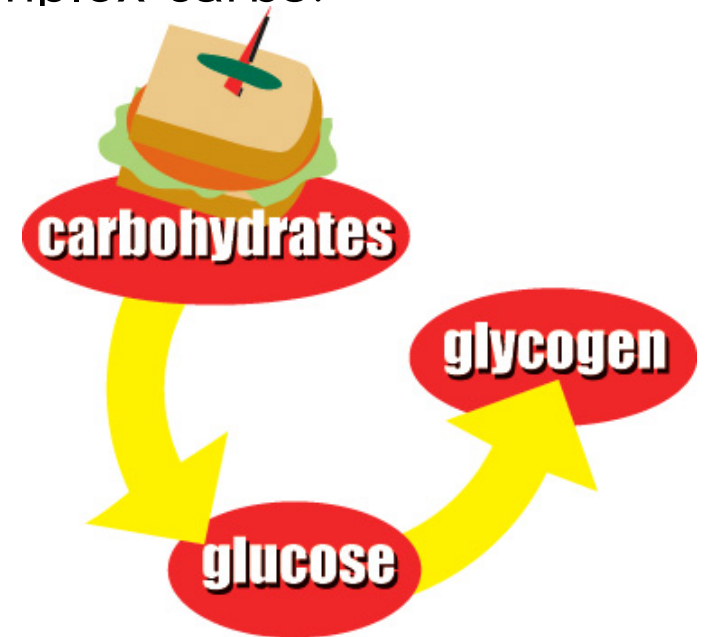
GRAINS	VEGETABLES	FRUITS	OILS	MILK	MEAT & BEANS
8-10 oz.	3-4 cups	2-2.5 cups	7-10 tps.	3 cups	6.5 - 7 oz.

Portions based on 2,400 - 3,000 calorie diet a day.

Eating for Energy

Keep your glycogen levels high:

- ✓ Eat a healthy breakfast every day.
- ✓ Eat a variety of foods at each meal.
 - Emphasize complex carbohydrates (starches).
- ✓ Eat snacks that offer complex carbs.
- ✓ Do less physical activity on the days just before your event.
- ✓ Get plenty of fluids.



What are Carbohydrates?

Carbohydrates (Carbs) are a type of nutrient found in mostly plant foods:

- ✓ Breads
- ✓ Crackers & chips
- ✓ Cereals
- ✓ Fruits & vegetables
- ✓ Rice & noodles
- ✓ Beans & peas
- ✓ Sugary foods
- ✓ Some dairy foods



Types of Carbohydrates

Simple Carbohydrates:

- ✓ usually sweet-tasting
- ✓ quickly digested
- ✓ quick, but short-lived surge of energy

Examples:

- ✓ sugar, honey & syrups
- ✓ soft drinks, fruit drinks & sport drinks
- ✓ jellies, jams & candies
- ✓ cakes, pastries & desserts
- ✓ Simple carbs also found in "healthy" foods such as fruits and dairy products.

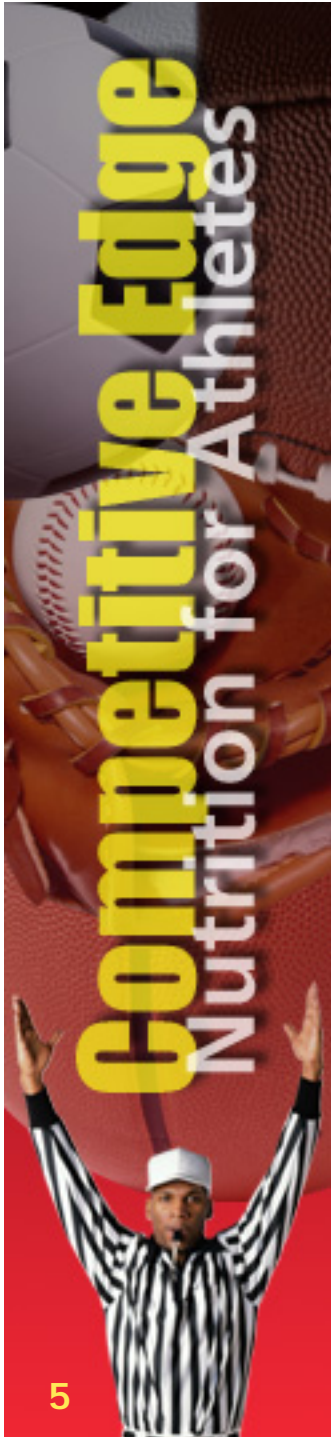
Complex Carbohydrates:

- ✓ starchy foods
- ✓ take longer to digest
- ✓ source of energy
 - longer-lasting than simple carbs

Examples:

- ✓ breads & cereals
- ✓ noodles & pastas
- ✓ rice & beans
- ✓ starchy vegetables
 - corn, squash, potatoes, etc.





Stay at the Top of Your Game

Purpose of the Pre-Event Meal:

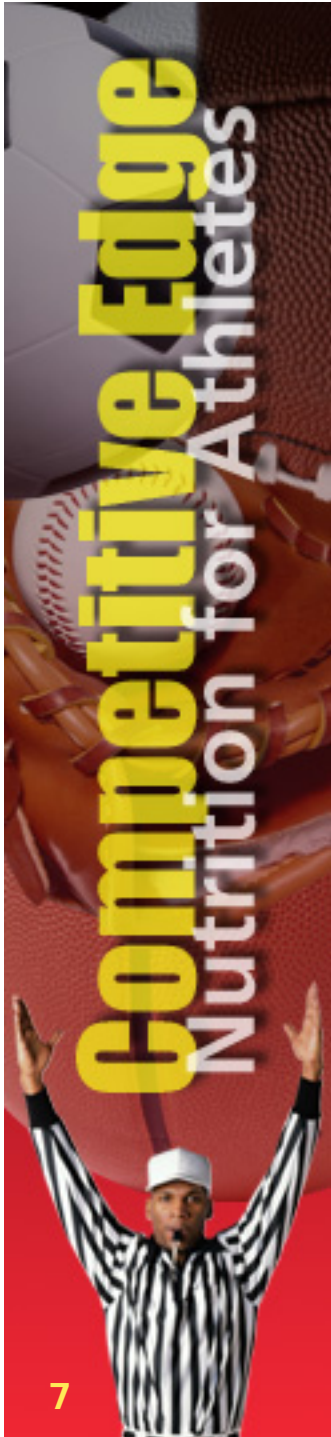
- ✓ Provides adequate fuel (primarily carbohydrate) to the blood and muscles.
- ✓ Helps prevent hunger, lightheadedness, and fatigue.
- ✓ Allows the stomach to be relatively empty at the start of the competition.
- ✓ Prevents or minimizes stomach and digestive upset (gas and bloating).
- ✓ Should provide adequate amounts of body water.

Stay at the Top of Your Game

Pre-Event Eating Guidelines:

- ✓ Solid meals should be eaten about 3 to 4 hours before competition.
 - Choose familiar foods that you like.
 - Meals high in complex carbohydrates and low in fat and protein are easier to digest.
 - Get enough fluid before an event (about 2 cups with your meal).
 - Avoid diuretics, such as coffee, tea or soda with caffeine.
 - Do not skip meals.





Post-Event Meals

Replenish your glycogen stores:

- ✓ Eating a balanced diet, using MyPyramid as a guide, will help keep your body fueled and fit for your next competition.
- ✓ Choose high-carb foods:
 - cereal, bread, pasta, milk, and fruit.
 - choose items which are whole grains.
- ✓ For best recovery, refuel within the first 30 minutes after a competition.
- ✓ Drink fluids!
 - Aim for 24 oz. within two hours of completing an event to re-hydrate your body.
 - Sweat losses during 2 hours of exercise can be 64 oz. or more (that's 2 quarts)!

General Guidelines on Fluids

To be well hydrated drink:



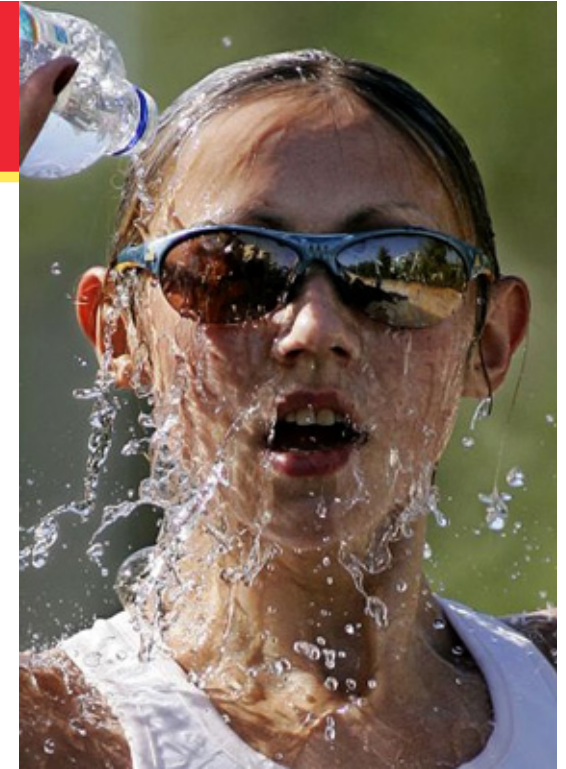
What to Drink

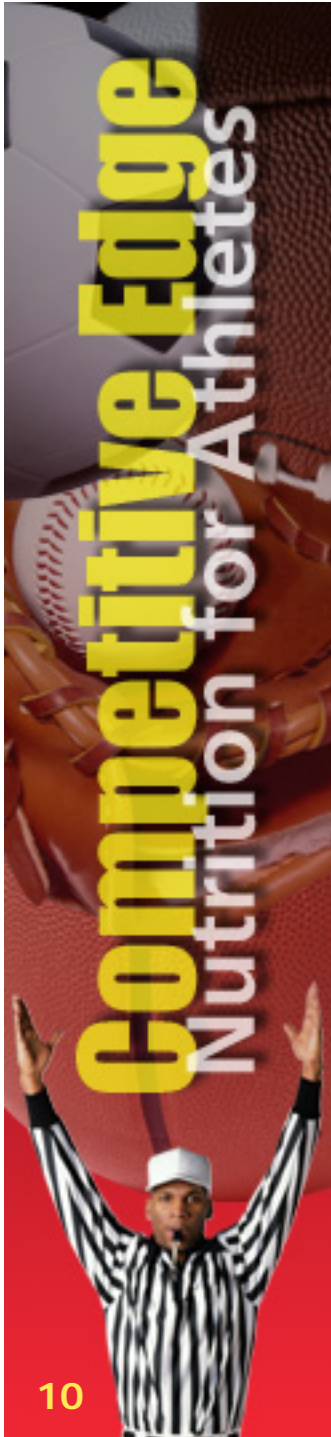
Choosing fluids during events:

- ✓ Cold water:
 - absorbs quickly
 - tastes good
 - more economical
- ✓ Sports drinks & juice:
 - absorbs quickly
 - provides energy
 - tastes good
- ✓ Both cool your body down in warm weather.

When Isn't Drinking Water Enough?

- ✓ Exercise less than 1 1/2 hours
 - water is fine
- ✓ Exercise more than 1 1/2 hours
 - include CHO & electrolytes





Key Points

Eating for peak performance:

- ✓ Make nutrition a priority.
 - Use the USDA's MyPyramid as your planning guide.
- ✓ Stick to a training diet:
 - 55% to 58% of energy from carbohydrate
 - 12% to 15% of energy from protein
 - 25% to 30% of energy from fat
- ✓ Plan your pre- and post-event meals.
- ✓ Drink adequate fluids before, during and after athletic events.
- ✓ Supplements are rarely needed if you eat a balanced diet.
- ✓ Get your calcium and iron.