



MEET DAY EATING GUIDE

Let's maximize performance on meet day by providing our body with enough fuel to perform at the highest level possible. See if you can check off the three main components below prior to your next meet.

GOALS OF NUTRITION BEFORE A MEET

1. Consume a carbohydrate-rich snack or meal before exercise to top off muscle energy stores. With pre-competition jitters, liquid meal replacements may be a better choice than whole foods.
2. Include small amounts of protein in your pre-meet meal(s). Protein will help build and repair muscle tissue. Adequate protein before exercise will help reduce post-exercise muscle soreness.
3. Choose pre-meet meal(s) that are low in fat and fiber to ensure optimal digestions.

3-4 HOURS BEFORE MEET

1. Peanut butter and honey on toast + instant breakfast drink
2. Fruit and yogurt smoothie + low-fat granola
3. Oatmeal with brown sugar and almonds + skim milk + banana
4. Low-Fat cottage cheese + apple butter + crackers + grapes
5. Lean hamburger on a bun with lettuce + tomato + side salad + yogurt-fruit parfait
6. Turkey sandwich + fruit + sports drink
7. Tuna melt sandwich + fruit cup + fat free yogurt

30-60 MINUTES BEFORE MEET

1. Sports drink or water (G2 is preferable compared to regular Gatorade due to less sugar)
2. Sports gel, gummies, sports bar
3. Piece of fruit or jam sandwich