

# TOURNAMENT TIPS

## Fluids and Foods for Multi-event/Multi-training Days

**On multi-event/multi-training days, nutrition provides:**

- Sustained energy
- Physical comfort; absence of hunger
- Mental focus for best technique and skill execution

**Targets:**

- Adequate fluid and electrolyte intake
- High carbohydrate, adequate protein, and low fat

**Why?**

- To replace/maximize fluid levels, preventing dehydration.
- To provide energy before and during training or competition.
- To prevent hunger.
- To supply food that is quickly and easily digested.
- To ensure energy and nutrients to recover and prepare for the next training session or competitive event.

**Timing and meal/snack size are related.**

The amount and type of food you consume will vary based on the time you have between the meal/snack and the next competition or training session. Recovery fluid and food intake after one exercise session may be your pre-exercise nutrition for the next event. Think fluid and carbohydrates.

Allow time for digestion:

- 3-4 hours for a large meal
- 2-3 hours for a smaller meal
- 1-2 hours for a small snack or blender/liquid meal or whatever your own tolerance indicates

**CAUTION:** Spicy, gas producing, fatty and/or fibre-rich foods may cause discomfort. Products containing caffeine may also be problematic. **Unless you eat legumes regularly, they may have too much fibre for comfort.**

**Targets may vary depending on your sport:**

- Drink fluid with carbohydrate after your event.
- Try to drink 150-350 mL fluid about 15 minutes before your next event.
- Eat a high-carbohydrate meal or snack, 2 to 4 hours before your event.

- If you have a “nervous stomach” before events, choose lower-fibre grain products, juice, or pureed foods.
- Have a balanced meal if your event is more than 3 hours away.

**Food Safety Guidelines:** If you carry food with you, store it to prevent bacterial contamination. If you are buying food at the competition, remember that foods which are to be eaten as hot (temperature) dishes, (e.g. meat, casseroles, rice) should not be served lukewarm. Foods that are to be eaten cold (e.g. deli meats, salads, sandwiches, milk, custard, etc.) should be served at a cold temperature.

**Experiment with fluids and foods during training to find out what and how much is comfortable for you.**

**Never try new foods or drinks before or during competition.**

**CONVERSION:** 250 mL = 1 cup = 8 oz.

### **DURING Multi-training Days and Tournaments – Focus on Fluid and Carbohydrate**

**Fluids:** Water, juice, lower fat milk, and/or sport drinks.

**High carbohydrate foods** come from plants (grain products, vegetables and fruit food groups), milk, and yogurt. Look for breads, rolls, cereals, rice, pasta, low-fat crackers or cookies, fruit, low-fat milk or yogurt, and/or carbohydrate-containing drinks such as juice, milk, or sport drinks.

**Protein-rich foods are digested more slowly than carbohydrates, delaying hunger during a long event.** Low-fat milk, yogurt, lean meat, skinless chicken, eggs, non-breaded fish, and/or legumes (beans, peas and lentils) are protein-rich foods. If your only protein choice is a higher fat food (peanut butter, nuts/seeds, cheese), use only a small amount with your carbohydrate choice (bread, crackers, fruit, etc.).

**Fat is digested very slowly.**

Before most training and competition situations, low fat food is best. French fries, chips, breaded chicken or fish, hot dogs, greasy hamburgers, cream or cheese sauces, margarine/butter, salad dressing, cheese, peanut butter, nuts, seeds, and chocolate contain a substantial amount of dietary fat.

**Meal ideas:** Plan foods to carry with you or food outlets where you can buy part or all of a meal.

- Toast, egg, fruit juice, yogurt
- Oatmeal/cereal, milk, banana or raisins, fruit juice
- Pancakes with a little syrup/spread, ham, juice
- Lean meat sandwich, lettuce and tomato, milk, oatmeal raisin cookie, fruit
- Minestrone soup, bagel, milk
- Pasta with vegetable sauce, juice, applesauce
- Rice and chicken casserole with peas, milk
- Pita wrap with turkey and vegetables, yogurt, fruit or a granola bar

**Snack ideas:**

- Fruit (fresh, canned, juice) and/or crackers
- Low-fat muffin, fruit juice, or fruit cup
- Yogurt, fruit bars, or arrowroot cookies, juice
- Pita with hummus, vegetable juice
- Vegetable soup, crusty roll
- Hot chocolate made with milk, bagel
- Cereal or sport bar, fruit, sport drink
- Pretzels, juice
- Jam and peanut butter sandwich, chocolate milk

**Snacks for backpack or car:**

- Dry cereal
- Cereal, sport, or energy bars
- Juice boxes or fruit cup
- Crackers
- Tuna or beans in cans with pull off tops
- Dried fruit
- Trail mix with cereal

**SNAC** Sport Nutrition Advisory Committee  
Comité consultatif sur la nutrition sportive

