



## Eating to maximize your sports performance

The body's preferred source of fuel is carbohydrate, which in the simplest form is glucose. The carbohydrate you eat or drink, which is not used immediately for energy, is stored mostly in your muscles and liver as *glycogen*. When your body needs fuel, it quickly breaks down this glycogen into glucose for energy.

### The night before the event

Planning ahead for a morning event, your evening meal should contain more carbohydrate than you would normally have. This is so you can fill up your glycogen stores. The carbohydrate should be low GI and the whole meal should be lower in fat, moderate in high quality protein and comfortable in quantity. Don't over eat!

### Foods to avoid just before exercise

The following foods may cause stomach discomfort due to their typically slow digestion

- Any food high in fat
- High fibre foods: white and some whole meal breads are acceptable – check the label
- High protein. Make sure your protein intake is moderate to low, as it may also cause discomfort by slowing the rate of emptying from your stomach.

**Breakfast on the morning of the event** should be carbohydrate based, low fat and moderate in protein. Exactly what to eat, will depend on the time between breakfast and the start of the event. The following table will give you a breakfast guide based on your start time. As with dinner: you should only eat a comfortable amount of food, otherwise you will regret it!

### Suggested pre-exercise breakfast foods

2-4 hours before the event – normal volumes	1 hour before event – smaller volumes
<ul style="list-style-type: none"> <li>• Low GI breakfast cereal + skim milk.</li> <li>• Burgen bread with yellow box honey</li> <li>• Tip Top 9 Grain bread with jam</li> <li>• Raisin toast plain or with jam/honey</li> <li>• Fresh fruit with skin on: stone fruit or pears, apples, grapes, grapefruit</li> <li>• Low fat yoghurt</li> <li>• Small skim banana smoothie – no ice cream</li> <li>• Fresh orange or apple juice</li> </ul>	<ul style="list-style-type: none"> <li>• Grain and fruit based bar</li> <li>• Milo with reduced or low fat milk</li> <li>• fruit juice</li> <li>• canned fruit in juice</li> <li>• Small amount of low GI breakfast cereal ) with reduced fat or skim milk</li> <li>• Drink of Sustagen or Up &amp; Go Energise</li> </ul>



## During event and recovery foods

During the event you should consume high GI carbohydrates – fluids like Gatorade and Powerade are often ideal.

One to 2 hrs after an event, your food and fluid choices should be Low GI. Your body needs to replenish its glycogen stores, and delaying this replenishment can lead to fatigue. Replenishment of carbohydrate is generally 1 gram carbohydrate per 1kg body weight. So a 75kg man needs 75g carbohydrate for recovery after the event. Some suggestions for foods for during the event recovery foods and volumes are below.

## Foods/fluids for during and post an event

During event – High GI	Recovery – Low GI*
<ul style="list-style-type: none"> <li>• Gatorade or other sports drink</li> <li>• Goo or liquid glucose supplement</li> <li>• Jelly beans, snacks, sugar lollies</li> <li>• Cordial</li> <li>• White bread with regular honey</li> <li>• Scones</li> </ul>	<ul style="list-style-type: none"> <li>• 5-6 slices Low GI bread like Burgen or Tip Top 9 grain</li> <li>• 2.5 cups low GI breakfast cereal with reduced fat milk</li> <li>• 1 ½ cups cooked low GI rice</li> <li>• 850ml Fruit Juice</li> <li>• Milo ,Sustagen or Up &amp; Go Energise drink</li> </ul>

\*Suggested volumes provide 75g carbohydrate for 75kg person

## Low GI/ High GI carbohydrate foods: The effects on your blood glucose levels

