

Fueling for the Competitive Edge

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• How to fuel up to maximize athletic performance?

The most efficient source of fuel for working muscles are carbohydrates. They are critical for maximum energy, speed, stamina, and concentration. Along with proper hydration, carbohydrates are the foundation of an athlete's diet. Here are many sources of carbohydrate rich foods, including the following:

• Best Nutrient Mix —Pre-Exercise:

- **DEPENDS ON INTENSITY**, duration and food preferences
- **MEAL 1-4 HOURS BEFORE**
- **SNACK 30-60 MINUTES BEFORE** (rely on liquids or smaller snacks the closer it gets to competition or game time)

• General Recommendations:

- **HIGH** in carbohydrates
- **LOW** in fat and fiber
- **MODERATE** in protein
- **EXTRA FLUIDS**
- **PLEASEING PHYSIOLOGICALLY** and psychologically
- **EXPERIMENT** during practice!

• Create a Strategic Fueling Schedule:

- Many athletes **BENEFIT FROM 5 OR MORE MEALS/ SNACKS PER DAY** — that means eating every 3-4 hours!!
- **BREAKFAST + LUNCH + PRE-PRACTICE SNACK + RECOVERY SNACK + DINNER**
- **AVOID "BOTTOM HEAVY" DIETS.**
Aim for $\frac{2}{3}$ of daily calories *before* dinner
- **DON'T SKIP CRITICAL FEEDING TIMES:**
Breakfast and Recovery

PREGAME HIGHLIGHTS



- **Emphasis on carbohydrates**
- **Lean protein**
- **Low fatw**
- **Low fiber**
- **Fluids**

Train Well for Race Day Peak PERFORMANCE Plate



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Land and Food Systems



UBC
DENTISTRY



Dentsply
Sirona

Sinclair
Dental / Dentaire

References: Coleslaw with Cumin-Lime Vinaigrette: Recipe from: <http://www.foodnetwork.com/recipes/bobby-flay/coleslaw-with-cumin-lime-vinaigrette-recipe> • Malekafzali B, Ekr mi M, Abdolazimi Z. Remineralizing Effect of Child Formula Dentifrices on Artificial Enamel Caries Using a pH Cycling Model. J Dent (Tehran). 2015 Jan;12(1):11-7.