



A Structured Dietary Programme Leading Up To a Competitive Event

As with your training, the way you eat prior to a competition can have a big impact on your performance.

Below is a sample eating plan for **the week leading up to an event:**

Breakfast

For early starts: Easily digested and can be portable

- Shake made of whole milk bio yoghurt with added banana and mixed red berries, 1tbs of nut butter.
- Scramble eggs (1-2) with white toast. (can be eaten as a sandwich)
- Ready oats made with milk, sweetened with grated pear/apple, or some pure maple syrup or molasses.

For normal days: More slowly digested

- Scrambled eggs with mushrooms, tomatoes, beans, 1 tbs grated cheese on wholemeal toast.
- Grilled bacon, poached eggs and wholemeal toast.
- Porridge made with whole milk, with added ground seeds (1tbs of sesame, linseeds, hemp freshly ground in a coffee grinder) and/or mixed nuts and mixed red and purple berries, topped with plain bio yoghurt (sweetened with molasses for minerals) You can add to this 1tsp Barlean's Omega Swirl (fish oils) if you can stomach it!
- Sugar-free muesli with milk, ground seeds, nuts and mixed berries, topped with plain, bio yoghurt

Morning Snack

- 1 banana with a small handful of mixed nuts
- An apple with a small handful of mixed nuts/ piece of cheese/slice of ham
- Wholemeal toast/bagel and nut butter
- Carrots/celery with hummus
- A yoghurt and some fresh fruit (berries are best)

Lunch

- 1 baked potato, tinned tuna, cheese, / salmon/cottage cheese or baked beans, a bowl of mixed salad
- Wholemeal pitta bread stuffed with grilled chicken/ cheese/ salmon/ hummus/ tuna and salad
- Wholemeal pasta salad with chopped cooked turkey and large handful of chopped mixed peppers
- Feta cheese and Puy lentil and pepper salad
- Lentil and roast squash soup with silken tofu blended in for added protein
- All the above followed by fresh fruit

Mid Afternoon

- 1 carton of plain bio yoghurt and fresh fruit
- Peanut/ nut butter sandwich
- Hummus and oatcake/ carrots/peppers
- Cold boiled egg with oatcakes and marmite (for B vitamins)

Dinner

- Vegetables accompaniment ideas- and large mixed salad/ 3 large broccoli and cauliflower florets/ 3 large carrots/ 1 mug of sweetcorn or peas/ oven baked vegetables/ red cabbage and onions,

cabbage/ curly kale/spinach. Steam, rather than boil vegetables to preserve vitamins and minerals. Make at least 1/3 of your plate vegetables.

- 1 grilled chicken breast, with baked potato
- Chicken, fresh tuna or tofu stir-fry with at least 6 different lots of vegetables
- Turkey mince spaghetti bolognese with selection of fresh vegetables
- Grilled fresh salmon/tuna/mackerel, homemade garlicky oven wedges (with skins on) and fresh vegetables
- Baked cod/ haddock with capers and butter with brown cous cous and vegetables
- Spicy lentil daa with fresh coriander on brown basmati rice and vegetables
- Mixed bean casserole, wholemeal flour dumplings and fresh vegetables
- Mixed nut roast with cauliflower cheese and fresh vegetables
- Fruit salad and plain bio yoghurt for pudding.

Evening Snack

- Probiotic plain yogurt with fresh fruit (especially berries) stirred in
- Wholemeal toast with peanut/nut butter
- Oatcakes/ chopped carrots/celery and hummus, cottage cheese or nut butter
- Ryvita and cheese

Where you are training during the day, you should aim to have pre-, during and post-workout or competition snacks, which could include:

Pre-Workout or Competition Snack

- Home made flapjacks
- Fruit smoothie
- Plain bio yoghurt drink with added fruit
- Homemadelisotonic/hypotonic drink
- Fresh fruit and nuts
- Chocolate milk

During Your Workout

- Under 1 hour duration - water
- More than 1 hour Hypotonic drink – 250 pure juice mixed with 750ml water and a small pinch of salt.

Post-Workout Snack

Take immediately after exercise – and certainly within 30-45 minutes

- Isotonic drink – 500mls pure fruit juice mixed with 500ml water and a small pinch of salt
- 2 bananas and a handful of almonds or cashews
- Hummus and oatcakes
- Porridge made with milk with mixed berries, nuts and seeds
- Organic muesli with milk and fresh fruit
- Sandwich/pitta/bagel filled with tuna/chicken/egg/cottage cheese/hummus and salad
- Yoghurt drink with added skimmed milk powder/ nut butters
- Chocolate milk drink with a small hand full of nuts/ boiled egg/ chicken

Research has shown that the meal 2 nights before a competition is just as important as the meal the night before. This includes hydration. So, attention to optimum nutrition and drinking enough water throughout the week is vital to your performance.

GL= Glycaemic index- a measurement of how quickly food (especially carbohydrate) is digested into glucose. **High GL** foods include fruit juice, white bread/pasta/mashed potato. **Low GL** foods are oats, beans and lentils, whole grains, high fat and protein foods.

Glycogen is the storage form of carbohydrate in your liver and muscles and is used for energy once blood glucose has been used.

http://www.lowglycemicload.com/glycemic_table.html for a complete table of foods

Summary of Recommendations in the Week Before a Competitive Event

This table is adapted from Anita Bean's Sports Nutrition and summarises the key points in the lead up to a competitive event:

Timing	Aims	Recommendations	Examples
The week before an event	<p>Ensure full hydration</p> <p>Fill muscle glycogen stores</p>	<p>Taper training</p> <p>Low GL meals</p> <p>Monitor fluid intake and urine (should be very <u>pale</u> yellow)</p>	<p>Brown rice with chicken and veg</p> <p>Jacket potatoes with tuna or cottage cheese and large salad</p> <p>Turkey mince spag bol with large mixed salad</p>
Night before an event	<p>Maintain full hydration</p> <p>Top up muscle glycogen</p>	<p>High carbohydrate and protein meal – but low GL</p> <p>Lots of fluids</p>	<p>Baked fresh salmon Teriaki, brown basmati rice and salad</p> <p>Roast chicken dinner with boiled potatoes and lots of veg</p> <p>Fresh beef buckwheat noodle stir-fry with mixed salad</p>
2-4 hours before an event	<p>Maintain full hydration</p> <p>Top up liver glycogen</p> <p>Prevent hunger</p>	<p>Medium GL meal</p> <p>High carbohydrate, but low protein (because will take too long to digest)</p> <p>Easily digestible</p> <p>400-600ml fluid</p>	<p>Porridge made with porridge oats and milk with fresh fruit</p> <p>Toast with jam and peanut butter</p> <p>Banana or hummus sandwich</p> <p>White bread sandwich, roll or pitta bread filled with hummus/chicken/boiled egg/ nut butter and salad</p> <p>Jacket potato with baked beans/tinned tuna/cheese</p> <p>White pasta with tomato sauce and salad or vegetables</p> <p>Vegetable stir-fry with rice noodles, or white rice</p> <p>Mixed bean casserole with potato and vegetables</p>

1 hour before an event	<p>Keep blood sugar levels even</p> <p>Maintain hydration</p>	<p>Take in extra carbohydrate</p> <p>Easily digestible</p>	<p>Isotonic drink made with fruit juice</p> <p>Dried fruit, such as dried apricots or raisins</p> <p>Fruit Bar</p> <p>Fresh fruit</p> <p>Bio Yoghurt (plain, or fruit)</p> <p>Fruit loaf or raisin bread</p> <p>Flap jacks</p> <p>Diluted fruit juice</p>
15-30 minutes beforehand	Maintain hydration	Up to 150ml fluid	<p>Water</p> <p>Hypotonic drink</p>
For events lasting longer than 60 minutes	<p>Balance blood sugar levels</p> <p>Make up fluid loss</p>	<p>High GL</p> <p>150-350 ml fluid every 15-20 minutes</p>	<p>Hypo/isotonic drink</p> <p>Glucose polymer drink</p> <p>Cereal bars/flap jack and water</p>
Post-competition Recovery	<p>Replace fluid lost</p> <p>Replenish liver and muscle glycogen</p>	<p>500ml fluid immediately after – then continue fluid replacement</p> <p>30-70g high GL carbohydrate</p> <p>20-30 g protein</p> <p>To speed up recovery and repair and prevent body breaking down muscle, within 30-45 minutes after competition</p>	<p>Sports drinks</p> <p>Energy bars</p> <p>A meal replacement shake/ sports bar (containing a balanced mix of carbohydrate, whey protein, electrolytes, antioxidant minerals and vitamins.</p> <p>A handful of nuts and raisins</p> <p>Some rice cakes with peanut butter and jam or cottage cheese</p> <p>Chocolate milk and some fruit</p> <p>Bio yoghurt and fruit</p>

<p>1-2 hours after competition</p> <p>Recovery</p>		<p>Medium GL foods that contain carbohydrate to continue replenishing glycogen stores and protein to help repair damaged tissue and vitamins, minerals and anti-oxidants</p>	<p>Roast chicken wholemeal sandwich</p> <p>Pizza with cheese and vegetable topping</p> <p>Shepherds pie and vegetables</p> <p>Macaroni cheese</p> <p>Jacket potato and tuna/cheese/beans</p> <p>A smoothie or milkshake (milk with fresh fruit and yoghurt)</p> <p>A wholemeal sandwich, roll or pitta bread with lean protein such as chicken, tuna, egg, cottage cheese or nut butter</p> <p>A bowl of wholegrain cereal and milk and fresh fruit for their antioxidants</p> <p>A bowl of porridge made with milk – with fresh fruit</p>
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It is advisable to consult your doctor of any changes you intend to make to your diet, especially if you are on medication. Nutritional therapy should not be considered a replacement for conventional treatment.