



## PRE AND POST COMPETITION NUTRITION

If you want to perform at your best, you need to fuel your body properly. Today's elite athletes follow a strict diet, particularly on the day of competition.

When deciding what to eat, the single most important factor to take into consideration is the foods Glycemic Index (GI) rating. The Glycemic Index is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Foods with a high-GI are rapidly digested and absorbed and result in marked fluctuations in blood sugar levels while Low-GI foods, produce only gradual increases in blood sugar and insulin levels. Simply put, the Glycemic Index will show you which combination of foods will provide you with the most energy throughout your game or event, and which foods will help you to recover quickly and to the fullest.

Before a game or event, Low-GI foods are more appropriate as they release energy more slowly and for a longer period of time helping to avoid an insulin surge. Ideally this meal should be eaten approximately 2-3 hours prior to the start; especially if nerves are a factor, which can impair digestion and create an upset stomach.

At the conclusion of your game or event, choosing foods with a High-GI rating will help to quickly replenish your depleted carbohydrate stores. Ideally, a large, high-carbohydrate meal should be eaten within two hours of completing your game or match.

**Examples of Low-Medium GI foods** are nuts, whole grain breads and rice, milk and milk products, most fruits (except for dried fruits and bananas), and oatmeal.

**Examples of High-GI foods** are Apricots, bananas, dried fruits (due to the added sugar), baked potato, sports drinks, white bread and rice, corn chips and crackers.

<b>Glycemic Index</b>	<b>Rating</b>
55 & Below	Low
56 - 69	Medium
70 & Above	High

Please keep in mind that there can be variations in the GI rating for some foods. The GI rating can change based on the food's ripeness level and/or how it is prepared. For example, grinding and cooking can elevate the GI rating of some foods.

You can go to [www.glycemicindex.com](http://www.glycemicindex.com) to determine the rating of the foods in your diet. Foods containing little or no carbohydrate (such as meat, fish, eggs, avocado, wine, beer, spirits, and most vegetables) cannot have a GI value.

*Source: [www.glycemicindex.com](http://www.glycemicindex.com) / [www.shapefit.com](http://www.shapefit.com) / [www.sport-fitness-advisor.com](http://www.sport-fitness-advisor.com)*