

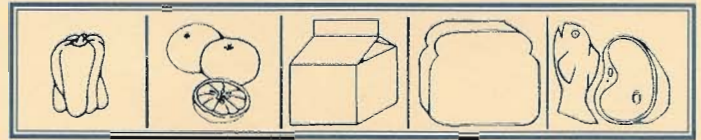


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COOPERATIVE EXTENSION

COLLEGE OF AGRICULTURE AND NATURAL RESOURCES



FOOD AND NUTRITION FACTS

Race Day Recommendations

(from the Sports Dietitians Australia)

Upon arising: Eat a small amount of food

Examples:

- Breakfast cereal + lowfat milk
- Fresh/dried/canned fruit
- Yogurt
- Muffin, biscuit, or toast with jelly
- Egg
- Pancakes with fruit

Before competition: 2 to 3 hours before racing eat foods high in carbohydrate and low in fat

Examples:

- Breakfast cereal + lowfat milk
- Fresh/dried/canned fruit
- Yogurt
- Smoothie
- Muffin, biscuit, or toast with jelly
- Pancakes with fruit
- Pasta with tomato based sauce
- Rice dishes
- Liquid meal replacement (such as Ensure)

During competition: Australian dietitians recommend sports bars, meal replacement liquids

After competition:

- Immediately after racing, replace fluids and energy with water or sports drinks and small amount of food such as fruit, cereal bars, dried fruit, or nuts.
- Within 2 to 3 hours eat a "proper" meal.

Examples:

- Bowl of pasta and meat sauce
 - Bowl of rice with stir fried-meats and veggies
 - Veggies
 - Lean meats, poultry and fish
- Avoid too much alcohol and fatty foods, such as fried foods like French fries and fried chicken and high fat desserts.