

Eat to Compete
Fuel your recovery

Karen Armstrong RD

To get the most from training, and perform as expected during competition, you need to make sure you're taking steps to allow your body to recover from all that work. Good recovery means replenishing the glycogen stores in muscles, replacing fluids lost by sweating, repairing muscle damage and getting enough rest. If you train twice or more a day, or compete multiple times in a day, you need to pay particular attention to topping up your glycogen and fluid levels. There's less time to recover and, if you don't make a conscious effort to eat and drink enough, you may not be able to train or compete as effectively next time.

Replenishing glycogen stores:
 What you need: Carbohydrate

When you need it: within 15-30 minutes after a competition or intense workout, and every 2 hours for the next 4-6 hours.

How much: 1 to 1.5 grams carbohydrate per kilogram body weight

Find the carbohydrate content of your favourite foods by checking the nutrition panel on the labels. Here are some ideas to get you started.

Some ideas for recovery foods			
Food	Carbohydrate	Food	Carbohydrate
1 cup (250 mL) Chocolate Milk	27 g	1 package Instant Oatmeal	20 g
1 cup (250 mL) White Milk	13 g	1 large Banana	27 g
¾ cup (175 mL) Fruit Yogurt	30 g	4 Tbsp (60 mL) Raisins	29 g
1 Bagel	38 g	4 Tbsp (60 mL) Craisins™	25 g
2 slices Bread	36 g	1 cup (250 mL) Apple Juice	30 g
2 frozen waffles	26 g	1 cup Kraft Dinner™	49 g
6 Graham Crackers	33 g	6 inch Sub Sandwich	50 g
1 Oatmeal to Go™ bar	33 g	1 cup (250 mL) Gatorade™	14 g

Examples:

Athlete #1:

Weight 50kg (121lb) 50 X 1.0-1.5g = 50-75 grams carbohydrate needed for recovery

Suggestions: 1 cup chocolate milk and a toasted bagel 65 g carb
 Banana and 6 graham crackers 60 g carb
 2 cups Gatorade™ and a sub sandwich 78 g carb

Athlete #2: Weight 75kg (165lb) 75 X 1.0-1.5g = 75-112.5 grams carbohydrate needed for recovery

Suggestions: 2 packages instant oatmeal, 4 Tbsp raisins, 1 cup milk 82 g carb
 Sandwich, fruit yogurt, 2 cups apple juice 96 g carb
 2 cups Kraft Dinner™, 1 cup milk 111 g carb

March is Nutrition Month and this year's theme is "Stay Active. Eat Like A Champion".

Visit this web site for more information -

http://www.dietitians.ca/public/content/eat_well_live_well/english/index.asp

Karen Armstrong is a Registered Dietitian with Manitoba Chicken Producers (www.chicken.mb.ca). She's an age group triathlete, masters swimmer, recreational skijorer and parent of a competitive swimmer. Look for more tips and information on eating to compete in upcoming issues of Coaches Clipboard. Karen can be reached at karmstrong@chicken.mb.ca.