



POST WEIGH-IN

Canadian Sport Institute Calgary

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CRITICAL ABSORPTION TIME		MAIN MEAL (3-4 hrs Post)	SNACK or 2 nd MEAL
Immediate Post Weigh-In (0-1 hr)	1-3 hrs Post		
FOCUS: <ul style="list-style-type: none"> FLUID Carbohydrate Electrolytes (sodium) 	FOCUS: <ul style="list-style-type: none"> FLUID Carbohydrate Electrolytes 	FOCUS: <ul style="list-style-type: none"> Complex carbohydrates Moderate Protein Low-moderate Fat Familiar Foods 	FOCUS: <ul style="list-style-type: none"> Complex carbohydrates Low -Moderate Protein Low Fat Choose nutrient dense foods
AMOUNTS: FLUID: ~28ml/kg CHO: ~2-2.3 g/kg BW SODIUM: 34 mg/kg (Can be spaced across the 3 hours, and tailored depending on weight cut)	AMOUNTS: followed from the 1 st hour Can start to eat real food options but stick to low fibre, easy digestible carbohydrate	AMOUNTS: 1-2 g/kg BW CHO Lean protein option (grilled Fish, chicken breast, tuna, Pho Bowl lean meat & broth) 1-2 servings healthy fat (olive oil, avocado)	AMOUNTS: Top off carbohydrate / fluid as needed
EXAMPLES: <ul style="list-style-type: none"> 500-1.5 L Sport Drink Serving of salted crackers or pretzels with Sport Drink Low fibre fruit = banana, orange with Sport drink 500 ml Tomato juice + 500 ml water + banana or piece fruit *if severe dehydration can increase this amount*** 	EXAMPLES: <ul style="list-style-type: none"> White rice + soy sauce + water low fibre crackers + water low fibre cereal + almond milk (cheerios, cream of wheat, rice krispies) Rice thins Vegetable juice + banana Low fibre, low fat sandwich with lean meat option 	EXAMPLES: <ul style="list-style-type: none"> Pasta with tomato sauce, chicken breast on the side, small side salad with dressing on the side Rice stir-fry (carrots, snap peas) with serving of grilled meat, Baked or mashed potatoes (ASK ABOUT HOW PREPARED IF EATING OUT) with lean protein Bagel or Wrap with lean protein & low fibre veggies 	EXAMPLES: <ul style="list-style-type: none"> Low fibre cereal with skim milk Yogurt with fruit Smoothie Meal replacement drink Sandwich Individual oatmeal packet yogurt & berries Peanut Butter & Honey Sandwich Bagel & cream cheese
AVOID <ul style="list-style-type: none"> FAT (i.e. nuts, baked goods) PROTEIN FIBRE 	AVOID <ul style="list-style-type: none"> FAT (i.e. nuts, baked goods) High Amounts PROTEIN FIBRE 	LIMIT <ul style="list-style-type: none"> FAT PROTEIN High FIBRE FOODS (beans, lentils, vegetables) 	LIMIT <ul style="list-style-type: none"> FAT PROTEIN High FIBRE FOODS (beans, lentils, vegetables)
NO EXERCISE	NO EXERCISE	Light Activities	Light Activities 20-30 min walk (talking pace) Warm-Up activities Stretching