



TOURNAMENT FUELLING

Canadian Sport Institute Calgary

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MORNING

WAKE-UP

FOCUS:

- Sip on water / SPORT DRINK
- Amount needed will vary depending on cut (check urine color, morning weight)

BREAKFAST

****Very important meal****

FOCUS:

- Carbs, some protein, little fat

AMOUNTS: Carbs: ~1g/kg BW,

Protein: 15-20g

Fat: 5-16g

EXAMPLES:

- 1-2 slices toast + 1-2 eggs + piece of fruit
- 1-2 cups lower fibre cereal + skim milk + banana
- Meal replacement drink + banana
- 1-2 oatmeal packets + individual yogurt + berries or fruit
- Small baked potato + 1-2 eggs + piece of fruit
- Rice cake sandwich: 1 tbsp almond butter + honey + piece of fruit
- English muffin with egg + avocado + tomato + fruit

AVOID

- **HIGH FAT** (i.e. nuts, baked goods)
- **HIGH PROTEIN**
- **HIGH FIBRE**

TOURNAMENT DAY

LIMIT

- **FAT** (greasy foods, nuts, bought baked goods)
- **High PROTEIN**
- **High FIBRE FOODS** (beans, lentils, vegetables)

- **SMALL frequent snacking and hydration**
- **IF no appetite have liquid over solid calorie choices**
- **IF limited time between matches (i.e. 15 min), have sips of sport drink or GEL or at bare minimum mouth swish with a carbohydrate beverage (i.e. sport drink, juice)**

LIQUIDS	SERVING	CALORIES	CARBS	PROTEIN	FAT
Sport Drink	500 ml	128	32	0	0
Low fat chocolate milk	250 ml	167	27	8	3
Meal Replacement Drink (i.e. Boost)	237 ml	240	41	10	4
100% Juice (250ml)	250 ml	120	30	0	0
Fruit Smoothie (could be bought prior)	500 ml	220	45	5	2
Sport Gels / Chews (i.e. GU, PowerBar) (Could be used as quick energy if limited time between matches, have with water)	1 Gel	100	25	-	-
SOLID FOOD CHOICES					
Individual fruit Yogurt (if tolerated)	175 g	146	26	6	2
Peanut butter and Jam Sandwich	1	430	73	13	14
Rice Cake Sandwich (PB and JAM)	1 (2 cakes)	206	35	3	6
1-2 oz chicken/turkey sandwich (cut in 2-4 pieces and eat as tolerated)	1 sandwich	234	30	15	6
Oranges	1 med	80	20	-	-
Apple sauce / Fruit Cup	1 cup	50	13	-	-
Banana	1 med	108	27	-	-
Cereal bars	1 bar	120	24	2	3
LARA Bar (could break in pieces and eat)	1 bar	200	24	4	10
Low fibre cereal (i.e. Nature's Path Whole O's gluten Free)	1 cup	120	25	2	1.5