FUELING FOR TOURNAMENTS & TRAVEL

ABBY FORMAN MS, RD
Bon Secours Physical Therapy and Sports Performance
Registered Dietitian
OUTLINE

• GOAL = “Fail to Plan and Plan to Fail”
• Breakfast and Pre-Game
• Between Games
• Recovery After Games
• Eating Out – Back-Up Plan
• Hydration
• Questions?
Waiting till the day of your tournament or travel to figure out what you will eat before, during and after, increases your risk of…

- Stress
- Not making the BEST choice
- Forgetting something
- GI distress
- Low energy due to under-fueling
- Dehydration

PLAN AHEAD!!!
Questions to ask before you pack:

1. Where are you going?
   1. Different state?
   2. Different country?

2. How long will you be there?
   1. Just the day?
   2. Multiple nights?
   3. How many games?
   4. Time between games?

3. What will be available there?
   1. Coolers? Ice? Grills?
   2. Food stands, restaurants, fast food, convenience or grocery stores?
WHAT NOT TO PACK: EMPTY CALORIES

Foods Made up of Mostly Fat and/or Sugar and Little Other Nutrition

- Soda
- Candy
- Excessive fruit juice
- Kool aid, fruit punch, lemonade, etc.
- Fried foods
- Added fats: mayo, creamy salad dressings
- Skin on poultry
HARD TRAINING / 2-A-DAYS OR GAMES

ATHLETE'S PLATE

HARD TRAINING / RACE DAY:

FATS
2 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages

Diluted Juice
Flavored
Beverages

Coffee
Tea

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts

Cooked Veggies
Veggie Soups
Raw Veggies

Lean Protein

Vegetables

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.
PRE-GAME FUEL

Carbohydrate:
• Requirement based on **body weight** and **timing** (less closer to start time)
• Should be palatable and well-tolerated
• Choose **low fiber foods**
• **Liquids** have shorter digestion time (prevent GI distress)

Protein/Fat:
• Choose moderate protein (if have time to digest) and low fat foods

Do not skip breakfast!
• Need to replenish glycogen lost overnight

Limit **caffeine**

**Requirements:**
3-4 hours before
100-200g carbohydrate  
+ 20g protein  
+ low fat

What could you choose?
1-2 hours before event:

- **Simple Carbohydrates (Middle to High Glycemic)**
- provide more energy and stabilize blood sugar
- **Example:** granola bar with a sports drink, juice, fruit, milk, bowl of cereal, etc.
Simple Carbohydrates are necessary if playing longer than an hour or event is particularly intense

- Maintain blood sugar and stay hydrated
- **Examples:** Water, Sports drinks, sports gels, granola bars, ginger snaps, graham crackers, dry cereal, oranges
- 8-16oz every 15min
POST-GAME “REFUEL”

1. Re-Plenish: GLYCOGEN  0.5g/lb BW = Carbohydrate

2. Re-Pair: MUSCLE  15-25g = Protein

3. Re-Inforce: ANTI-OXIDANTS  Colorful fruit/veg/whole grains, etc.

4. Re-Hydrate: Drink  till pale yellow/clear
PACK FOR SNACKS

- **FLUIDS!** - water, juices, milk
- **Sandwiches:** turkey, PB & J, Cheese
- Low fat or nonfat yogurt
- Fresh & dried fruit + nuts
- Protein bars
- Baby carrots/ other veggies + hummus
- Low fat ready to eat cereal
- Nutrigrain bars, fig bars
- Part skim string cheese
- Animal crackers, pretzels, graham crackers, vanilla wafers or gingersnaps
If you have time to grab a meal and must use fast food, use the same principles as before:

3-4 hours before play =
- Whole grains
- Lean protein
- Fresh fruit/vegetables (hydrators)
- Water or electrolyte beverage

Ex: Grilled chicken sandwich on whole wheat bun with side of fruit and fruit juice or milk (Wendy’s, McDonald’s, Chick-Fil-A, Subway,

1-2 hours before play =
- Lower fiber foods (some whole grains are ok, but white bread is fine too)
- Fruits and less fiberous vegetables
- Moderate lean protein

Bon Secours
## Signs of Dehydration

- Thirst, dry mouth
- Weakness, fatigue
- Nausea, vomiting
- High body temperature
- Muscle cramps – legs
- Dizziness, confusion
- Weak, rapid heart rate
- Lack of coordination & judgment

### Weight (pounds) & Daily Water Needs

<table>
<thead>
<tr>
<th>Weight (pounds)</th>
<th>Daily Water Needs</th>
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</thead>
<tbody>
<tr>
<td>100 lbs</td>
<td>68 oz</td>
</tr>
<tr>
<td>125 lbs</td>
<td>75 oz</td>
</tr>
<tr>
<td>150 lbs</td>
<td>83 oz</td>
</tr>
<tr>
<td>175 lbs</td>
<td>91 oz</td>
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</tbody>
</table>

- 1234 bottles (20oz)
- 3.5 bottles (20oz)
- 4 bottles (20oz)
- 4.2 bottles (20oz)
- 4.5 bottles (20oz)

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DEHYDRATION PREVENTION

DRINK WATER ALL DAY – EVERY DAY

• **Before practice/match/exercise**
  - 2-3 hours prior: 16 oz (2 cups) of fluid
  - 20 minutes prior: 8 oz (1 cup)

• **During exercise:**
  - rehydrate every 15-20 minutes with 6-8 oz fluid (1 oz = 1 sip)

• **Urine color:** Light colored but not clear (lemonade or straw colored)
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EX *A* M *P* L *E*

1. Where are you going?
   1. Tournament in Maryland (4 hours away)

2. How long will you be there?
   1. 1 day tournament with 3 games total:
   2. Game 1 @ 9:00am
   3. Game 2 @ 1:00pm
   4. Game 3 @ 3:00pm

3. What will be available there?
   1. Team tailgate with coolers and ice, no grills
   2. No stores or food places near by
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4:00am – wake and leave
   drink 20oz water

6:00am – eat breakfast in car
   egg and cheese on whole wheat bagel with piece of fruit or 100% fruit juice

8:00am – top off tank
   granola bar or piece of fruit with 8-12oz water

9:00am – 10:00am GAME 1
   drink water during game

10:30am -11am – Refuel Lunch
   PB and Banana sandwich on whole wheat bread with whole grain gold fish and fruit/nut trail mix

1:00pm – 2:00pm GAME 2
   drink water during game or electrolyte drink

2:30pm – Refuel Snack
   whole grain pretzles and water or electrolyte drink

3:00pm-4:00pm GAME 3
   drink water or electrolyte drink during

4:30 – Refuel Snack
   chocolate milk

7:00pm – Dinner
   grilled chicken with whole grain pasta primavera
SUMMARY

- Think about your schedule ahead of time and plan out when you have time to eat a **full meal** vs a **quick refuel** snack.

- **Scout out** food options before your tournament (restaurants, snack stands, fast food, etc.)

- Always drink **water** throughout your day. Pack more than you think you need.

- Pack a **variety** of **nutrient dense** snack options: fruits, vegetables, crackers, granola bars, etc.

- If you are playing in the heat and longer than **90 minutes** a **sports drink** or **salty foods** may be needed to help with hydration

- **Refuel** and **recover** between each game. Something is always better than nothing.

- **You are athletes. Eat like it!**
“No amount of motivation, training, or natural ability will ensure victory without proper “fuel” for the engine.”

- Author unknown