



Eating before competing!

The goal of nutrition before your event is to set yourself up with a foundation to work from as you face the challenges ahead!

Your pre-event meal will give you a chance to top up your fuel and fluids before your event kicks off. You also want to feel comfortable and confident. This meal should include foods that are carbohydrate rich, low fibre, low fat, contain moderate amounts of protein, and something you're familiar with.

How long before your event should you have something to eat? This will vary from person to person. Most people will tolerate their last main meal two to four hours before their event, such as cereal with low fat milk and fruit, baked beans on toast, or a meat and salad roll, while others will comfortably tolerate a smaller snack one to two hours before, such as a jam sandwich, milkshake or a muesli bar and yoghurt. If you have the early morning jitters, easily digested food alternatives, such as meal supplements, can be trialled. Sip on water or sports drink in the hour before your event to top up your fluids.

It's important to experiment with your food choices in training. Find out what works for you and replicate it for your event!

VIS Sports Dietitian, Kylie Andrew