

NUTRITION TIPS FOR NORCAL CREW

Goals:

1. Fuel and re-fuel
 - Energy for competition and work-outs
 - 100 calories within 30 minutes after activity to restore Glucose for energy reserves
 - Easy to digest
 - Quick/easy to eat
2. Hydrate and re-hydrate
 - 8 oz. fluid 20-30 minutes prior to event
 - 8 oz. fluid within 30 minutes of completing event
 - Fluids throughout the day to maintain hydration, particularly in hot weather

Basic Nutrition:

FATS

- Slow digestion
- Provide high density calories, 9 calories/gram

CARBOHYDRATES

- Main source of fuel for muscles and brain
- Provide quick-burning energy, 4 calories/gram
- Source of fiber
 - High fiber may cause stomach upset during event
- Source of vitamins and mineral (starches, grains, fruits)
 - Sweets/sugars provide carbohydrate, but with minimum vitamins, minerals, fiber, nutrients

PROTEINS

- Provide building materials for muscle and bone
- Contain 4 calories/gram
- Not a fuel for competitions

CALORIES

- Crew is one of the highest energy activities
- Regattas may last all day, athletes must plan carefully to keep energy levels high and maintain hydration
- Pre-race meals should be eaten at least two hours before the event to avoid stomach upset

I'm nervous and I'm afraid I'll feel too full and bloated if I eat before a Regatta.

You may want to have a lighter snack such as fruit juice, sport drink, fresh fruit, bagels, bread or English muffin with jam 2-3 hours before you compete.

Then, 1-2 hours before you compete, just some juice, sport drink or fresh fruit for hydration and energy.

If you've got 3 or more hours before you compete, you could have any of the above foods and peanut butter, lean meat, low-fat cheese, low-fat yogurt, cereal with low-fat milk, or even pasta with tomato sauce. You'll have enough time to digest these foods and provide your body with nutrients to maintain muscle and energy stores.

Why snack?

Your last meal may have been many hours ago, and you may not have had the time to eat a large meal. By the time you get to practice or to a regatta, you're hungry and dehydrated and not able to do your best.

What can I snack on?

Look for convenient, portable foods that provide Carbohydrate for fuel, low-fat Protein for easier digestion and fluid for hydration.

EXAMPLES: Bagels, low fat granola or Nutrigrain bars, pretzels, bread and jam or honey
 Bananas, watermelon, oranges, grapes, apples
 Sport drinks or water
 Low fat cheese, flavored yogurt
 Fruit smoothie or Carnation Instant Breakfast

Why do I need to drink fluids even if I'm not thirsty?

By the time you feel thirsty, you are already becoming dehydrated. Dehydration can make you feel sick and slow your performance. **Drink 2 to 3 hours before training and competition, at least 2 cups (16 ounces), but don't overdrink.** For regattas and during exercise, remember to drink fluids throughout the day to replace sweat. You can consume water or a sports drink to replace fluid losses. Bulk water and small cups will be available at regattas; athletes are expected to bring their own water bottles to practice and regattas.