

“FISH FOOD” - HOW TO FEED YOUR DOLPHIN

Meals

The purpose of a pre-competition meal is to make sure there is adequate energy in your system to allow you to fully exert yourself without discomfort or early fatigue. Carbohydrates are the main fuel for athletes when eaten the day before a meet. Be careful the day of a meet, eating too much food can have negative effects such as nausea and cramps. Eating too little can cause unnecessary fatigue and light headedness. Timing is also important. Allow 3-4 hours for a large meal to digest, 2-3 hours for a smaller meal and 1-2 hours for a blender meal.

Morning Events

Eat a hearty, high carbohydrate meal and bedtime snack the night before. That morning, eat light breakfast such as toast, cereal or fruit.

Afternoon Events

Eat a hearty breakfast and light lunch.

Evening Events

Eat a hearty breakfast and lunch, then a light snack 1-2 hours before the event.

Recovery

Within 1-2 hours after an event or hard workout, focus your recovery meal on carbohydrate- rich foods. If you are not hungry after a workout, fruit juice is a great recovery food.

Keep in mind

Drink enough fluids, it's important to be hydrated. Rest is also critical, try to get your eight hours of sleep each night. You should stay away from fried/greasy foods (fries, chips, donuts, etc.), high sugar foods (candy, etc.), heavy foods (butter, ice-cream, chocolate) and salty/spicy foods (chips, chili). Never experiment with new foods prior to a meet, stick to what's familiar.