

## Regatta Food Guidelines

Developed for the Parent Organization by Carolyn McDonough and Catharine Labine- Fall 2013

**Foods to be avoided:** any food that takes too much time or energy to digest, or causes gastrointestinal disturbance, or worse aggravates a disease process or provokes allergic response. We have clinical-level gluten issues with some of our athletes. In addition, we have athletes who have moderate to life-threatening tree nut allergies. Please plan alternatives for this population.

What are some examples of foods that can be difficult or slow to digest?

- High fat: red meat, cheeseburgers, sausage, bacon, cheese, ice cream
- Fried foods: doughnuts, fries, potato chips
- Acidic foods: such as heavy tomato sauce, orange juice
- Candy
- Even low-fat dairy if lactose intolerance is an issue

### **Breakfast Ideal Choices:**

- Whole wheat tortillas / rolls with scrambled eggs (cheese optional)
- Yogurt parfaits (low-fat vanilla or plain yogurt with thawed frozen berries, honey and granola)
- Bagel/bread/tortilla with peanut butter and honey/jam
- Nutrigrain/granola bars
- Oatmeal
- Fresh fruit: bananas, apples, grapes, melon

### **Lunch Ideal Choices:**

- Grilled chicken, or turkey, sandwiches with lettuce and avocado/tomato
- Green salad with grilled chicken
- Soup with chicken and noodles
- Chicken and low-fat cheese quesadillas
- Veggie burgers
- Pasta salad / rice salad / quinoa salad with grilled chicken
- Lean hamburgers

### **Snacks Ideal Choices:**

- Homemade trail mix: mixed nuts with dried fruit
- Hummus with veggies
- Celery sticks with peanut butter and raisins
- Chocolate milk
- Low-sugar energy drinks
- Coconut water
- Granola bars
- Fresh fruit: bananas, apples, grapes, melon

**Food timing:** here are some suggestions for a range of foods that can be consumed on a timeline prior to exercise.

3-4 hours before competition

Fresh fruit, bread, bagels, oatmeal, pasta (no tomato sauce), baked potato, cereal with milk, yogurt, toast with peanut butter, lean meat, quinoa, avocado, hummus, water, coconut water

2-3 hours before competition

Fresh fruit, bread, bagels, pasta (no tomato sauce), low-fat yogurt, water

1 hour or less before competition

Apple slices, banana, watermelon cubes, a small serving of grapes, energy gels, diluted sports drinks, water

The follow-up question is: what should athletes eat to aid recovery?

First, one should take care of fluid/electrolyte loss with water or a diluted sports drink, and perhaps a salty food.

Current thought about recovery nutrition centers around a one-hour window for proper intake of carbohydrate and protein (4:1 as higher uptake of protein slows rehydration; approximately 0.5 grams carbohydrate for each pound of body weight). A body's refueling continues for several hours after exercise at a slower rate.

- Proper refueling is especially important for athletes racing multiple events.

Since smoothies are an impractical regatta food choice, one could instead eat a banana with peanut butter, peanut butter on celery with raisins, yogurt with berries, granola and honey, hummus and vegetables, quinoa salad. Trail mix with proper carbohydrate to protein ratio is a fine choice. Young athletes like chocolate milk, though the refined sugar is problematic. Energy bars are a reasonable choice, again the refined sugar is an issue.