

Nutrition

All things being equal nutrition is the one thing that can make or break a race and or a season. Proper nutrition is not something that can be done overnight. Just like the training that you will be doing in practice, nutrition is a part of the equation for success.

Pre-race eating for afternoon races

Night before the afternoon race: Grains are NOT the greatest choice the night before a race

GOOD CHOICES

- Chicken with veggies
- 1 meat with potatoes
- A small serving of pasta
- Whole grain bread
- Milk and Water
- Fruit of your choice
- Make sure the veggies you eat do not mess with your digestive system!! (i.e. broccoli)

Breakfast before afternoon race: Cereal is NOT the greatest choice

GOOD CHOICES

- Hard Boiled Eggs (add salsa or guacamole if you do not like them plain)
- Eggs and peanut butter toast
- Omelets with veggies
- Pancakes with fruit/jam/jelly (try avoiding a lot syrup)
- Bagels w/ ham and cheese or peanut butter/jam
- Orange juice
- Water

Lunch is the main pre-race meal: High Fats are NOT the greatest choice also avoid apples and pasta 3 to 4 hours pre-race (200 to 300 calories in carbs)

GOOD CHOICES

- 6 to 12 inch turkey sub
- cereal with milk, banana, toast
- pasta 2 cups, veggie, bread
- stir-fry vegetables
- peanut butter and jelly sandwich
- Oatmeal with honey or Brown sugar
- 1 meat subway sandwich with favorite veggies(avoid cheese)
- Veggie or meat wraps
- Pickle
- yogurt
- banana
- raisins
- 4 ounces f 100% juice
- 12 to 20 ounces water

Pre-Race Snacks

- granola bars
- trail mix and dried fruit,
- pretzels,
- whole-grain crackers,
- dry cereal,
- sports drinks,
- 100 percent juice boxes,
- peanut butter sandwiches,
- whole fruits and vegetables

90 minutes to 2 hours prerace

- 2 hours pre-race
 - sip on 20 ounces of water avoid electrolyte sports drinks
 - stop eating high-protein/fat
 - recommended carbs fig newtons, animal crackers and pretzels
 - 1 slice jelly sandwich
 - 16 ounces sports drink
- 1 hour prerace
 - sipping 4 to 6 ounces of water every 15 to 20 minutes as tolerated

STOP EATING/SNACKING 90 MINUTES BEFORE YOUR RACE

Regular training day snacks to eat before practice

- Sports bar
- String Cheese
- granola bars
- trail mix and dried fruit,
- pretzels,
- whole-grain crackers,
- 15 to 20 minutes prerace
 - a gel with 4 ounces of water
- dry cereal,
- sports drinks,
- 100 percent juice boxes,
- peanut butter sandwiches,
- whole fruits and vegetable

Nutrition for inflammation prevention five servings daily

- pineapple, all berries, watermelon
- tomato, salmon, tuna fish
- walnuts, peanuts, almonds

Immune system protocol

Hydration

- two days prior to race start active hydrating with water
- one day prior to race start drinking sports drinks
 - recommendation only one sports drink every other day
- race day drink water as tolerated
- two hours prior to race sip 20 ounces of water as tolerated
- one hour prior to race small sips on water

Sleep

- 8-9 hours
- same bed time every night within 15min
- wake up earlier to study for tests or finish homework

Zinc lozenges

- 1 lozenge immediately post-race/post hard workout
- take lozenges every two hours thereafter
- airborne is also acceptable

Cool down Routine

Cool-down nutrition within that should be consumed within 35 minutes of a hard workout or after a meet. If running more than one race in a track meet it is important to consume some food for recovery as well but needs to be light as to not weigh you down or make you sick.

Cool down protocol

- 8 to 10 minute cool down
- 16 ounces water
- 4-5 minutes general stretching
- elevate legs 6 to 10 minutes
- 12 to 16 ounces of electrolyte drink
- foam rollers/massage stick/10 minutes ice therapy

Cool down nutrition within 35 minutes (choose one item)

- chocolate milk 8 to 12 ounces
- electrolyte drink 12 to 18 ounces
- power bar/protein bar or protein drink and a lot of water
- bagel with peanut butter
- 12 to 16 ounce protein smoothie
- a proper meal within 2 to 4 hour

The amount and type of iron in your diet is important. Some iron-rich foods are:

Meat & Eggs

- Beef
- Lamb
- Ham
- Turkey
- Chicken
- Veal
- Pork
- Dried beef
- Liver
- Liverwurst
- Eggs (any style)

Seafood

- Shrimp
- Clams
- Scallops
- Oysters
- Tuna
- Sardines
- Haddock
- Mackerel

Vegetables

- Spinach
- Sweet potatoes
- Peas
- Broccoli
- String beans
- Beet greens
- Dandelion greens
- Collards
- Kale
- Chard

Bread & Cereals

- White bread (enriched)
- Whole wheat bread
- Enriched pasta
- Wheat products
- Bran cereals
- Corn meal
- Oat cereal
- Cream of Wheat
- Rye bread
- Enriched rice

Fruit

- Strawberries
- Watermelon
- Raisins
- Dates
- Figs
- Prunes
- Prune juice
- Dried apricots
- Dried peaches

Beans & Other Foods

- Tofu
- Beans (kidney, garbanzo, or white, canned)
- Tomato products (e.g., paste)
- Dried peas
- Dried beans
- Lentils
- Instant breakfast
- Corn syrup
- Maple syrup
- Molasses

Are some foods with iron better than others?

Food has two types of iron — heme iron and non-heme iron. Heme iron is found in meat, fish and poultry, and is the form of iron that is most readily absorbed from your stomach and taken up into your body after you eat it. Non-heme iron is found in plant foods as well as meat. Foods with non-heme iron are still good to eat, but the iron contained in these foods won't be absorbed as completely as heme iron. You absorb up to 30 percent of heme iron, found only in animal tissues (meat, poultry, and fish). You absorb 2-10 percent of non-heme iron, found in plant foods as well as meat. Eating meat generally boost your iron levels far more than eating non-heme iron. When you eat heme iron with other sources of non-heme iron, the iron is more completely absorbed. Foods high in vitamin C, like tomatoes, citrus fruits and red, yellow and orange peppers can also help with the absorption of non-heme iron.

Source URL: <http://www.redcrossblood.org/learn-about-blood/health-and-wellness/iron-rich-foods>