

UFIT HEALTH & FITNESS



SINGAPORE SPORTS NUTRITION RECOMMENDATIONS

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NUTRITION CONSIDERATIONS FOR THE WEEK PRIOR

- Eat normally! Eat the foods that you would eat on a regular basis. Now is not the time to try new things.
- Make sure you maintain an optimal hydration status. Drink plenty of fluids and rehydrate during and after your training sessions.
- Rest well. Good sleep is key for good performance!

NUTRITION CONSIDERATIONS FOR THE DAY PRIOR

- Choosing low fibre foods and carbohydrate foods or liquids in the last 12-24 hours before an event helps reduce the gut contents to decrease the risk of gastrointestinal symptoms.
- If you are in Singapore, your sweat rate is most likely high so the probability of becoming dehydrated during your session is also extremely high! Sodium is the main electrolyte lost in sweat, but it is easy to get it through foods and beverages. Add a pinch of salt to your drinks or look for hydration tablets to add to your water.

Add- HYDRATION:

Fluid needs are very different for everyone- depending mostly on sweat rate! But we should aim to start race well hydrated. A good way of achieving this is by drinking fluids before, during and after training sessions and drinking regularly through the day prior to the race.



PRE-EVENT MEAL

- The goal of this meal is to provide fuel for the event.
- High fibre foods and high in fat foods may take longer to digest so it is better to avoid them at this point. No one wants a full stomach when they are about to do medium to high intensity exercise!
- It's difficult to determine how far in advance you should consume a pre-event meal – it can range from 15 to 120 minutes - everyone is different! In general, if you are having a large meal, give your body at least 3 hours to digest and then top up with a small snack or drink if necessary.
- Caffeine may give a good boost when having before endurance sessions. You can have around 100mg to 200mg (1 to 2 cups of coffee) 1 hour before starting and if you are going for a long session you can top up with an additional 100mg of caffeine after the first hour.



POST-EVENT MEAL

- Recovery meals and snacks should provide a combination of:
 - Carbohydrates to replenish fuel stores (fruits, milk, grains, starchy vegetables)
 - 20 to 30g of protein to optimise recovery (chicken, fish, beef, milk, protein supplement)
 - Plenty of fluids and electrolytes to replace sweat losses and maintain a good hydration status (water, sports drinks)
- Aim to have your recovery meal soon after exercise cessation.
- Some post-event meals examples:
 - Sandwich with turkey breast and veggies
 - Veggie omelette with whole meal toast
 - Banana protein shake
 - Fruit with yoghurt and muesli
 - Broiled Chicken breast and mashed potatoes

Work with a sports nutritionist to figure out and understand your personal requirements for any sporting event! If you would like bespoke nutritional support, book yourself in for some nutrition sessions with Pamela at ufit.com.sg/nutrition

Best of luck with the event!