

# NUTRITION CHECKLIST FOR SPORT COMPETITION

Focus on  
carbs +  
protein for  
long lasting  
energy

**2-4 HOURS BEFORE**  
*Competition*

- Grains: oatmeal, bagel, cereal, bread
- Protein: eggs, yogurt, nuts
- Fruit
- Hydration: water, milk

Focus on  
carbs for  
quick  
refueling

**1 HOURS BEFORE &  
DURING**  
*Competition*

- Water bottle
- Veggies: cucumber, carrots, tomatoes
- Fruit, dried fruit, fruit smoothie
- Whole Grains: cereal, granola, crackers, bagel, pasta, fruit/granola bars, popcorn

Focus on  
carbs +  
protein for  
recovery

**WITHIN 30 MINUTES  
EAT A SNACK.  
EAT A MEAL WITHIN 4  
HOURS AFTER**  
*Competition*

- Trail mix
- Nuts, seeds, nut butter
- Yogurt, milk, chocolate milk, cheese, cottage cheese, hard boiled egg
- Sandwiches, entrees, full meal