

# Rowing Sports Nutrition Guidelines:

1. **Hydrate:** 8 oz before practice and at least 4 oz every 15 minutes. Water, sports beverage or 50% diluted lemonade are allowed. On hot days: weigh self before practice and after. If weight is the same: then you drank enough. If not: for every pound lost: drink 2 cups H<sub>2</sub>O. Sports drink is likely unnecessary unless it is the hottest of days: but if the kid will drink more readily....DO IT. If you are thirsty, you are 2 cups behind already.
2. Within 90 minutes of practice eat **high carb** sources (not junk) including fruit, pasta, starch (whole grain or with peel, etc) 4 x ½ cup servings. Eat about a gram CHO per pound in that time frame. I.e 150 gm for 150 # rower. Limit added fat or frying to enhance rapid absorption. Higher in fiber (ie whole grain, with peel is better, but not be picky). Your daily total: You need 2.3 to 3.2 grams of carbohydrate per pound of body weight per day: 480 grams of CHO per day for a 150#er!!!!

## 50 gram Carbohydrate Snacks

- 1 quart sports drink
- 2 cups fruit juice
- Jam or honey sandwich with thick sliced bread
- 2 cereal bars
- 3 med- large pieces of fruit
- 2 cups breakfast cereal, low fat milk
- 2x200 g carton yoghurt

## 25 gram Carbohydrate meal items i.e (need 3 for 150#er)

- ¾ cup mashed potatoes
- ¾ cup rice
- 2 cups milk
- ¾ cup canned fruit or large fresh
- 1.5 slices bread
- ¾ cup corn or peas
- ¾ noodles/spaghetti
- ½ cup pudding

3. **Read/learn:** any Nancy Clark books; Google "Nutrition Rowing" or go to US Rowing. Read food labels: check CHO vs fat.
4. Not all calories (units that measure energy) are created equal. Look at the way you eat. Even if you are thin: you will perform better if you eat 3-5 **high quality** (i.e. variety, color, remember health class) meals. Really. We aren't lying. Try it. You'll like it. Fill in later (if you must) with some junk food; *never* let junk food replace a meal, especially breakfast. Junk=primarily sugar or fat. You know.
5. **Eat wisely on game day.** Do not over eat just because it is there. Over full= heavy feeling=slower. Eating a high carbohydrate meal 3-4 hours before competing improves performance by maintaining blood glucose levels. The pre-competition meal should be high in carbohydrate and low in fat, protein and fiber so that it is easy to digest and not too bulky and filling. Do not try anything new before a competition — either in terms of food types or eating habits. Consume plenty of fluids along with the meal. Allow plenty of time for digestion. Do not eat any foods rich in simple sugars in the hour before training or a race.
6. Caffeine is for morning. Once. Cut out all other caffeine, esp. on game day. Unlikely to help performance and most likely will hurt if you over do and causes jitters and heart racing. On Crew you need to concentrate and focus and pace: you can't if high on Red Bull, etc.
7. Parental role: Provide the good stuff. Have the kid count Carbs for a few days till they get the idea it is a lot. Supervise on race day. Even at Nationals, kids forgot these principles and need reminders. They are nervous and antsy. The team doesn't want to limit availability of some foods that someone who is done for the day can have. Encourage the team to hold each other accountable.
8. Call me or meet me during regatta if have questions. Ellen Aberegg, MA, LD, RD 891-2999