**Nutritional strategies**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Pre-Event (1-7 days before)** | **Pre-event (3-4 hours before event)** | **Pre Event**  **1 hour before** | **During Event** | **Post event** |
| **Short Duration (<60min)**  Image result for fat basketballer**Social Basketballer** | Adequate glycogen consumption and normal balanced diet.Image result for balanced diet | Good Low GI meal 3 hours before event to stablise blood glucose or light snacks 1-2 hours before .  Wholemeal salad sanger 3 hours before.Image result for wholemeal salad sandwich | Banana - High GI increased CHO availability  Image result for banana | No need for refuelling during event.  Fluid replenishment is required. Water is fine but sports drinks also good as they are more palatable.  Water  Image result for bottle of water | Glycogen stores need to be replenished before next training/event. CHO and Protein together recommended.  Normal balanced diet  Image result for balanced diet |
| **Moderate Intensity or intermittent sports**  **(60-90 min)**  **Netball or AFL player**  Image result for joel selwood | Adequate glycogen consumption. Tapering of training in 24-36 hours before event.  Normal balanced diet + tapering  Image result for balanced diet  Image result for tapering | Good Low GI meal 3 hours before event to stablise blood glucose or light snacks 1-2 hours before .  Wholemeal salad sanger 3 hours before.Image result for wholemeal salad sandwich | light snacks 1-2 hours before . High G-I increases CHO availability.  Image result for banana | No need for refuelling if CHO are adequate. Sports drinks recommended for rehydration for extra CHO content.  Sports DrinkImage result for powerade | Glycogen stores will have been mostly depleted.  High GI CHO should be ingested in first 30 min and 2 hours. Should combine CHO with protein.  Milkshake in post 30 min windowImage result for milkshake |
| **Prolonged sub-maximal event**  **Marathon Runner**  Image result for marathon runner | Should be Carb loading. Tapering training for 2-4 days and consuming high CHO diet of 7-12g/kg body weight)  Image result for carb loading  Image result for tapering | Good meal 1-4 hours before. Eat Low GI meal as it prolongs glycogen-reliance.  Image result for wholemeal salad sandwich | | Refuelling using high GI food, CHO gels or sports drinks is recommended to help glycogen sparing.  Image result for carb gelImage result for powerade | Glycogen stores will have been depleted. High GI CHO should be ingested in forst 30min and 2 hours, Should combine CHO with protein.  Milkshake and sandwichImage result for milkshake and sandwich |