

It is U.S. Figure Skating's position that nutrition advice, particularly recommendations of specific dietary intake, be given by Registered Dietitians (RDs). RDs are qualified nutrition professionals, educated and currently licensed to provide highly individualized information to athletes of all ages and skill levels. RDs (as opposed to "nutritionists") have completed a minimum of a bachelor's degree, completed an accredited practice program, passed a national examination and are required to maintain continuing education requirements. Certified Specialists in Sport Dietetics (CSSDs) are RDs who earn an additional certification based on their experience and extensive knowledge in working with elite level athletes.

COMPETITION DAY FUELING

Many skaters resist eating on competition day because they feel nervous or don't want to feel "full" or "heavy" when they compete. However, competition day eating is essential! You wouldn't race a sports car without gas in the tank – similarly, your body and your brain can't function optimally without fuel!

Four hours before:

Eat your final pre-competition meal about four hours prior to your skate. Sometimes the travel and the timing of your competition can make this difficult. This may mean taking food on the road, packing a lunch or making smart decisions to postpone a large meal that's served immediately before a performance for after you skate.

2-3 hours before:

This could be the last time you fuel with solid foods, depending on your nerves before competition. Eat something simple (taste-wise) containing mostly carbs and protein, for example low-fat yogurt and fruit, hummus and pita or a small fruit smoothie. It's wise to steer clear of strong flavors and seasonings as these can be more difficult to digest and can cause indigestion on a nervous stomach.

One hour or less before:

Stick to carbs in liquid form like fruit juice or sports drinks. High water-containing fruits like oranges, melons and apples are also good options because they digest quickly. Limit solid food because it requires more digestion time.



Hydrate, hydrate, hydrate!

Urine color should be clear to light yellow. Don't worry, when it's your time to shine, the urge to go to the bathroom will go away. Water and sports drinks are both great to have on competition day.

Practice your competition day eating

during a training day or at a minor competition. Don't try anything new at a major competition. While some athletes have "stomachs of steel," many do not – what is tolerated by some skaters can be problematic for others. Explore your options **before** you get to big events!

Avoid foods higher in fat around competition time.

High fat foods will slow down your absorption of dietary carbohydrates and slow down fuel delivery to your muscles.



2014 STARS participants with specific questions can email them to STARS@usfigureskating.org where they will be referred to a working group of nutrition professionals. To find an RD or CSSD in your area or to learn more about how nutrition can affect your performance please visit:

<http://www.scandpg.org/about-us/what-is-scan-dietitian/>



MENU

RINKSIDE DELIVERY, \$2.00

SALADS

- "THE CALIFORNIAN"\$6.90
FRESH FRUIT SALAD AND LOW-FAT COTTAGE CHEESE ON
A BED OF LETTUCE WITH MELBA TOAST
- CEASAR SALAD\$7.20
FRESH ROMAINE LETTUCE TOPPED WITH CRISPY CROU-
TONS AND OUR OWN CEASAR DRESSING
ADD CHICKEN OR TOFU \$3.00
- CHEF'S SALAD\$11.50
AN ASSORTMENT OF GARDEN SELECTED CHOPPED VEG-
ETABLES; TOPPED WITH ROAST BEEF, TURKEY, HAM, SWISS
CHEESE AND SLICED EGG WITH CHOICE OF DRESSING

SIDE ORDERS

- FRENCH FRIES OR ONION RINGS\$3.10
- SCOOP OF COTTAGE CHEESE.....\$2.60
- SLICED TOMATOES.....\$2.00
- BAKED POTATO WITH SOUR CREAM.....\$2.40
- SAUTEED MIXED VEGETABLES.....\$2.40

BEVERAGES

- COFFEE\$1.00
- FOUNTAIN SODA.....\$1.90
- MILK/CHOCOLATE MILK.....\$1.90
- ICE TEA\$1.90

DESSERTS

- ASSORTED PIES (CHANGES DAILY)\$2.70
- FRESH FRUIT YOGURT PARFAIT\$2.70

ICE CUBE CAFE

The "Ice Cube Cafe" is not a real diner, but it serves some common menu items.
Which would you choose for competition day?
Which would you change?

ENTREES

- CHOICE OF SOUP (CHICKEN RICE OR VEGETABLE) OR SIDE SALAD
- SPAGHETTI WITH SPICY MEAT SAUCE.....\$8.60
SERVED WITH GARLIC BREAD
- FETTUCCINE ALFREDO\$9.75
WITH CREAM SAUCE AND IMPORTED ROMANO CHEESE
- FRIED OR BROILED FILET OF SOLE\$8.95
WITH TARTAR SAUCE.....
DELIVERED FRESH DAILY
- ROAST HALF CHICKEN\$10.95
SERVED WITH CHOICE OF POTATO AND VEGETABLE



SANDWICHES

- CHOICE OF SOUP, SALAD, FRENCH FRIES OR ONION RINGS
- CHEESE BURGER\$6.90
CHOPPED PRIME BEEF WITH CHOICE OF CHEESE
SUB CHICKEN BREAST \$1.00, VEGGIE PATTY \$2.00
- MEDITERRANEAN CHICKEN SANDWICH\$7.20
ON PITA WITH LETTUCE, TOMATO, ONIONS AND TZATZIKI



- TUNA MELT\$5.95
WITH SWISS, AMERICAN OR CHEDDAR CHEESE
- HAM AND EGG.....\$4.30
SERVED ON CHOICE OF BREAD OR ENGLISH MUFFIN

Can you ask a restaurant to change a dish?

Absolutely. Be polite. Usually you can swap out sides for fresh veggies or a side salad. Instead of fried foods, ask that they be grilled or broiled. Request dressings/sauces on the side. If you're getting a salad, ask for lots of fresh vegetables on top at the expense of the less-nutrient-containing lettuce. Choose leaner proteins with no visible fat.

What can you eat at a concession stand?

Granola bars, yogurt parfaits, turkey sandwiches -- focus on protein and the carbohydrates will follow. Keep it low-fat (avoid fried foods). Water, sports drinks and fruit juices are great ways to hydrate and provide energy for a long day of competition.

EAT LIKE JASON BROWN:



"I was one of those people who would never eat within three hours of a competition, because I would tend to eat too much and then get 'competition but-terflies' and that doesn't work well if your stomach feels full. Now [that I eat on a schedule] I feel so much better; I don't feel full but I know I'm fueled well for the competition."