

# Sport Nutrition for Water Polo:

## Nutrient Timing

Before: Keep it light, but full of energy (carbs)

- Be Consistent
  - Eat 5-6 times a day
    - Energy level stays steady and keeps muscles and tissues fueled for repair and growth
  - **NEVER skip meals**
- Choose High Quality Foods
  - Choose nutrient-rich foods that will fuel you long-term and through your workout
  - Quality of food will impact health, well-being, and performance
- Time your food intake around workouts and competition to maximize your performance
- What your body needs: quick fuel that's easy on the stomach
- Never try something new the day of a competition; train the same way you'll compete

### PRE Workout Meals vs. PRE Workout Snacks

| MEALS: Focus on Carbs & Protein                                      | SNACKS: Focus on Carbs   |
|--|--|
| 2-4 hours before training or game                                    | 1-2 hours before training or game; smaller portions  |
| High in carbohydrates, lower in fiber                                | Easy-to-digest carbohydrates   |
| Moderate amount of protein   | Very little protein  |
| Low in fat   | Very little fat  |
| Example meal: 3 ounce chicken breast, pasta, green beans, and a roll | Example snacks: apple or banana with peanut butter, pear, honey sandwich, bagel with jelly, applesauce |

## During:

- Necessary for workouts lasting longer than 60 minutes
- General guideline: 30-60 grams of carbohydrate per hour of activity
- Use items that work for you (taste, portability, digestion, etc.)
- Know serving size; how much of package/how many chews do you have to eat to reach 30-60 grams?



| Sport Gels/Gus     | CHO (g) |
|--------------------|---------|
| Powerbar Gels      | 27      |
| Clif Shots         | 22-25   |
| Gu                 | 25      |
| Hammer Gels        | 22-23   |
| Accelerade Gels    | 20      |
| Honey Stinger Gels | 29      |

| Sport Chews             | CHO (g)        |
|-------------------------|----------------|
| Clif Shot Bloks         | 24 (3 bloks)   |
| Jelly Belly Sport Beans | 25 (14 pieces) |
| Sharkies Sport Chews    | 36 (45g bag)   |
| Honey Stinger Chews     | 39 (10 pieces) |
| Honey Stinger Waffles   | 21 (each)      |



# After:

- Goals of recovery nutrition:
  - Restore fluids and electrolytes
  - Replace muscle fuel utilized during your workout with CARBOHYDRATES
  - Repair torn muscle tissue with PROTEIN
- No appetite post-game?
  - Replace lost nutrients with liquid calories (chocolate milk, protein shake, etc.)
- Timing is key in recovering—will help you be less sore for your next match

| <b>Recovery Snack within 15-60 minutes</b>  |   |
|---|---|
| High in carbohydrates and moderate in protein; 4:1 ratio<br>(30-60 grams carbs, 8-12 grams protein) | <ul style="list-style-type: none"><li>• Bagel + cream cheese or peanut butter</li><li>• Mixed nuts + applesauce + banana</li><li>• 12 oz smoothie</li><li>• Chocolate milk + pear</li><li>• Pretzels + hummus</li></ul>   |
| Rehydrate with fluid + electrolytes<br>(sport drink)  |   |
| <b>Recovery Meal within 1-2 hours</b>   |   |
| Include a carbohydrate, protein, and fat  | <ul style="list-style-type: none"><li>• Bagel sandwich + apple + cashews</li><li>• Grilled chicken + pasta + salad</li><li>• Burrito with rice, beans, steak/chicken/pork + guacamole</li><li>• Chicken/steak vegetable stir fry</li><li>• noodles/rice</li></ul> |
| Rehydrate with fluid + electrolytes<br>(sport drink)  |   |

# Hydration:

- Water helps the body regulate many important functions:
  - ✓ Temperature (*sweating cools the body*)
  - ✓ Blood pressure
  - ✓ Nutrient levels (*fluid helps maintain electrolytes levels in the body*)
  - ✓ Nutrient transportation
- Dehydration can cause muscle cramps, weight loss, altered blood pressure, increased recovery time, and decreased performance
- Fluid needs are very different for everyone, but all athletes should get into the following habits:
  - ✓ Drink a glass of water, milk, or 100% juice with each meal
  - ✓ Carry a large water bottle daily
  - ✓ Drink more if you are a heavy sweater or the environment is hot
  - ✓ Don't rely on thirst—if you are thirsty, you are already dehydrated!!
  - ✓ Remember, you can get dehydrated playing in cool temperatures and in water, too
  - ✓ Start hydrating at least 4 hours before your practice or match so you aren't "water logged"
  - ✓ Monitor your urine color—should always be close to pale yellow in color

## When to Use Sport Drinks:

- ✓ Before, during, after long training sessions
- ✓ Training intensely in the heat
- ✓ Heavy sweaters
- ✓ Training longer than 90 minutes

Sport drinks should not be your "go-to" drink during the day. Instead, opt for water, milk or 100% juice.

