

Pre-Event Fueling

Fueling yourself before an event gives you the opportunity to prime your body and help refuel muscle and liver carbohydrate stores. Just like practicing for the event is imperative, so are your pre-event fueling practices where you can fine tune your strategies that are most helpful but also limit GI discomfort and cater to your likes and dislikes. Things like fiber, protein and fat content of pre-event meals can increase GI discomfort during the event. If you struggle to eat pre-event meals, you may want to consider easily digestible foods or liquid meal supplements.

2-4 Hours Before Event

Foods: Carbohydrates (*Optional: Slow Absorbing/Low Glycemic depending on GI comfort*) + Moderate Protein + Low Fat

4 hours: 1 serving/10# body weight; 1.5 cup Oatmeal + 4 Tbsp Honey + 1 cup low fat milk + 1 large banana + 2 cups fruit juice

2 hours: 1 serving/15# body weight; 16 ounce Gatorade Endurance + ½ bagel with Jelly/Honey + 1 Egg + 1 cup fruit pouch/puree

<1 Hour Before Event

Foods: Carbohydrates (*Fast Absorbing/High Glycemic/Low Fiber*): Crackers, Jelly on White Bread, Sports Drink, Fruit Puree, Sports Gel/Bar/Bean/Gummy

1 serving/35# body weight; 16 ounces Gatorade Endurance + 1 Sports Gel

Examples of carbohydrate serving sizes include:

- ⅓ cup cooked rice/pasta/quinoa
- ½ cup beans/starchy veggie (corn/potato/peas)/cereal/cooked oats
- 1 slice of bread
- 6" tortilla
- ½ English Muffin
- ½ - ¼ Bagel
- 1 Fruit (size of fist/tennis ball)
- 1 tbsp jelly/honey
- 1 cup milk

If you are performing an endurance event lasting longer than 90 minutes, you may consider increasing carbohydrate intake in the few days prior to the event. In these days prior, carbohydrates should be your first priority at each meal to assist with GI comfort and limit early satiety. A more detailed assessment and plan can be developed with the help of a registered dietitian/nutritionist.

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