# Pre-Competition Nutrition

This guide provides a set of steps to optimize nutrition before a sports event, aiming to enhance energy and reduce the risk of gastrointestinal issues.

### Step 1: Hydration

Start hydrating the day before the event. Consume water regularly and avoid alcoholic, caffeinated, or sugary beverages that can lead to dehydration.

### Step 2: Meal Timing

Eat a larger meal 3-4 hours before the competition, allowing enough time for digestion. This meal should be high in carbohydrates, moderate in protein, and low in fats and fibers.

### Step 3: Pre-Game Snack

Have a small, carbohydrate-rich snack 30-60 minutes before the event to maintain energy levels. Choose foods that are low in fat and fiber to minimize the risk of stomach discomfort.

### Step 4: Food Choices

Opt for easily digestible foods such as banana, bread with jelly, or a small sports bar. Avoid high-fat, high-fiber, and highly processed foods that can cause gastrointestinal issues.

## General Notes

### Individual Tolerance

Be aware of personal food sensitivities and allergies, and consider past experiences with foods during similar events when choosing what to eat.

### Hydration Check

Monitor urine color for signs of proper hydration. Aim for light yellow urine as an indication of being well-hydrated.

### Practice Routine

Test your pre-competition nutrition routine during training periods rather than trying new strategies on the day of the event.