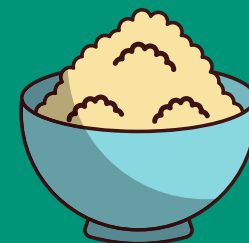


# BOXING NUTRITION

## WHAT SHOULD ATHLETES CONSIDER PRE TRAINING?

### OPTIMISE NUTRITION STRATEGIES



BEFORE TRAINING, ATHLETES SHOULD FOCUS ON SUITABLE CARBOHYDRATE SOURCES AND APPROPRIATE FLUID INTAKES IN THE FORM OF FAMILIAR FOODS TRIALED AHEAD OF COMPETITION.



### EASILY DIGESTED CARB SNACKS

NUTRITION 2-4 HOURS BEFORE NEEDS TO BE WELL STRUCTURED SO YOU'RE ENERGISED, BUT NOT TOO FULL OR LEAVING FOOD UNDIGESTED, THIS CAN CAUSE DISCOMFORT & NAUSEA.

### HIGH GI CARB EXAMPLES

RICE PUDDING, BANANA. JAM ON TOAST, WEETABIX & MILK. HIGH GI CARBS

WILL HELP TOP UP ENERGY STORES, ARE EASILY DIGESTIBLE AND ARE NOT 'HEAVY' ON YOUR STOMACH.

### MONITOR HYDRATION STATUS

ADEQUATE HYDRATION IS IMPORTANT BEFORE, DURING AND AFTER EXERCISE. CONSUME FLUID AT REGULAR INTERVALS (15-20 MINS) TO AVOID GI UPSET.