

# RELOAD: SAME DAY WEIGH-IN

Canadian Sport Institute Calgary Created by Kelly Drager Performance Dietitian, MSc, CSSD

## 2 HR WINDOW POST WEIGH-IN

### Post Weigh-In (0-2 hr)

#### FOCUS:

- **FLUID** (~28ml/kg BW: up to 2L in 2 hour recovery period)
- **Carbohydrate** (60-90g / hour high glycemic carbs (depends on weight loss))
- **Electrolytes** (more needed if food restriction & excessive sweating to make weight)

#### IF >3% dehydration

**IMMEDIATE:** BOLUS of 600-900 ml fluid with additional boluses at regular intervals (**15-20 minutes, stop 20 minutes prior match**)

#### IF <3%

**IMMEDIATE:** BOLUS of 400-600 ml fluid followed by 1 additional bolus 15-20 minutes later (fluid required even if no or little weight cut, follow regular hydration routine))

#### A couple examples: HAVE READY AFTER WEIGH-IN

- 1.5 L Sport Drink (Gatorade) = 60g carbs + banana
- OR
- 1.5 L Hydralyte tablets (6) + banana + soda crackers (1 serving)

### AVOID

- **FAT** (i.e. nuts, baked goods, fat spreads (too much nut butters, etc...))
- **High PROTEIN** (>20g during this time frame)
- **FIBRE**

**NO EXERCISE**  
Initial 10-15 minutes

Light moving around, warming  
up, closer to match increase  
intensity

## CONSIDERATIONS

### Gastric Emptying is **SLOWED** with:

- >10% carb solutions
- Fibre containing foods
- Inclusion of high protein and fat
- Or following High intensity exercise
- High energy density

### Gastric Emptying is **INCREASED** with:

- Fluid volume (**UP TO A POINT!**)
- Low osmolality (200-250mmol/kg fluids)
- Lower intensity exercise

### Fluid uptake and Retention is

#### **INCREASED** with:

- Sodium inclusion in fluid
- Some carbs in fluid solution

Athletes that have a later draw can consume a more varied 'breakfast' however it is recommended to avoid high fibre and fat foods prior match

## FLUID / FOOD OPTIONS

### FOCUS:

- **FLUID**
- **High glycemic carbs** i.e. simple
- **Multiple types** (i.e. glucose, fructose combinations if required)

### FLUID EXAMPLES:

- Oral Rehydration Solutions
  - o Hydralyte
- Sport Drink that athlete likes
- Nuun tablets in water
- Skim milk / low fat chocolate milk
- Water (if consumed with some easy digested foods containing some sodium /carbs)
- Small amounts of juice
- Smoothie
- Meal replacement drink

**(EVEN IF NOT CUTTING, AVOID EXCESSIVE FOOD INTAKE IF ATHLETE HAS FIRST DRAW)**

### FOOD EXAMPLES:

- Orange or Banana or lower fibre fruits (avoid thick skin / seeds)
- Small amounts of juice
- Yogurt with fruit
- Smoothie
- Meal replacement drink
- Sandwich
- PB and Honey Sandwich
- Bagel and cream cheese
- low fibre crackers + water
- low fibre cereal + milk (cheerios, rice krispies)
- Rice thins