



PRE GAME NUTRITION

- ✓ High carbohydrate meal low in fat and moderate in protein 3-4 hours prior to the game so it is digested and nutrients are absorbed and ready to use as energy.
- ✓ Focus on complex carbohydrates: Oatmeal, potatoes, oranges, banana
- ✓ Avoid high sugar and fats such as candy, desserts, chocolate, and excess butter.

DURING THE GAME NUTRITION

- ✓ Adequate hydration every 15 minutes
 - Carbohydrate/electrolyte beverage to maintain blood glucose concentration
 - Coconut water or Gatorade to replenish electrolytes
- ✓ Liquid is best at room temperature or close to body temperature for quick absorption

POST GAME NUTRITION – Within 1 Hour

- ✓ 20-25 grams protein
- ✓ Consume fast absorbing carbohydrates such as white rice, potatoes, pasta and/or granola.
- ✓ Consume minimal fats to avoid decrease in digestion rate of carbohydrates and proteins.

HYDRATION – Daily Recommendation

- ✓ Every day: ½ Body Weight in Ounces
- ✓ With exercise:
 - 16-20 oz within two hour period prior to training and/or game
 - 4-8 oz during game (every 15-20 minutes)
- ✓ Post Game: Consume 35-50 oz



Game Day (4 pm)

Breakfast:

- Oatmeal (sweetened with natural honey or maple syrup) with a splash of cinnamon
- Piece of fruit (banana, blueberries, strawberries, raspberries, peach)
- Eggs (made of your choice)
- Water

A.M. Snack:

- Nuts & Raisins (homemade trail mix)

Lunch:

- Ezekiel or Whole Grain Bread
- Chicken Breast
- Fresh Mozzarella
- Tomato/Lettuce
- 2 Fig Newtons
- 1 Apple

P.M. Snack (60 minutes before game):

- Pretzels
- Coconut Water

Dinner (post game):

- Large serving of white rice or sweet potato
- Grilled fish, chicken or lean beef
- Large serving of vegetable of choice (broccoli, asparagus, green beans, spinach)
- Piece of fruit

Night Before Morning Game

Dinner:

- Large serving of pasta, rice or potatoes
- Protein (ham, pork, chicken, lean beef, fish)
- Vegetables (any vegetable)
- Fruit (strawberries, raspberries, blueberries, watermelon, peach, apple)