



GAME DAY NUTRITION

“Wake up every morning with the thought that something wonderful is about to happen.”



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

POST GAME NUTRITION – Within 1 Hour

- ✓ 20- 30 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: $\frac{1}{2}$ 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 (before school):

Option 1

- Oatmeal (sweetened with natural honey or maple syrup) with a splash of cinnamon
- Piece of fruit (banana, blueberries, strawberries, raspberries, peach, watermelon)
- Eggs (made of your choice)
- H2O

Option 2

- Overnight Oats
- Hard Boiled Eggs
- Piece of fruit (banana, blueberries, strawberries, raspberries, peach, watermelon)

Option 3

Smoothie

- Protein Powder
- Frozen Berries and/or banana
- Almond Milk

A.M. Snack (at school):

- Nuts & Raisins (homemade trail mix)

Lunch (10:45 – 11:55):

Option 1

- Whole Grain Bread
- Protein of choice: Tuna, Grilled Chicken, Turkey, Ham
- Fresh Mozzarella
- Tomato/Lettuce
- 2 Fig Newtons
- 1 Apple

Option 2

- Mixed Greens
- Protein of choice: Tuna, Grilled Chicken, Turkey, Ham
- Veggies of choice (load up!)
- Carb of Choice (can add into salad): Black Beans, Rice, Pasta
- Fruit Cup

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

Option 1

- Bag of Pretzels
- H2O, Coconut Water and/or Gatorade

Option 2

- Large Banana
- H2O, Coconut Water and/or Gatorade

Option 3:

- 0% Greek Yogurt with granola
- H2O, Coconut Water and/or Gatorade

Immediately Post Game:

Option 1:

- Protein Shake mixed with Water

Option 2:

- Chocolate Milk

Dinner (post game: aim for asap – most important meal for recovery):

- CARBS: Large serving of white rice, sweet potato, quinoa, farro, beans
- PROTEIN: Fish, Chicken, Turkey, Lean Beef, Pork Chop
- VEGGIES: Large serving of vegetable of choice (broccoli, asparagus, green beans, spinach, etc.)
- Lots of H2O
- Small serving of ice cream

Night Before Morning Game

Dinner:

- CARBS: Large serving of pasta, rice or potatoes
- PROTEIN: Fish, Chicken, Turkey, Lean Beef, Pork Chop
- Vegetables (any vegetable)
- Fruit (strawberries, raspberries, blueberries, watermelon, peach, apple)