

THE SPORTS NUTRITION EDGE



BE PREPARED

You've trained, practiced and played, now fuel up. You don't need extra vitamins, minerals or supplements – you need to eat the right foods. Eating a variety of nutrient-rich foods from all five food groups and meeting your overall energy needs are key to your performance.

HATE TO EAT BEFORE A GAME?

We understand it's hard to eat when you're nervous or excited, but food is fuel. It runs your body just like gas runs a car. Remember, everyone is different. Eat and drink fast-digesting foods that agree with your stomach.

FUEL UP AND HYDRATE

- ▶ **4 hours before the game**, start hydrating and consider a high-carbohydrate pre-game meal such as pasta with red sauce or brown rice and veggies, with a side of fruit.
- ▶ **2 hours before the game**, continue drinking to thirst and if you missed the pre-game meal, eat foods rich in carbohydrates and low in fiber such as a fruit and yogurt smoothie, toast with jelly, pretzels and fruit or cereal with milk.
- ▶ **1 hour before the game**, continue to hydrate and add a simple carbohydrate like graham crackers, pretzels or bagel.
- ▶ **30 minutes before the game**, hydrate to thirst and comfort.
- ▶ If you are continuously moving for more than 60 minutes, grab a carbohydrate/electrolyte boost like a sports drink or a small serving of fruit like a banana.

5 FOOD HABITS THAT NOURISH AN ATHLETE

▶ EATING = ENERGY

Eat lean protein, whole grains, low fat or fat free dairy, veggies and fruit.

Meet your energy needs throughout the day – it helps promote recovery from yesterday's workout. Start with a good breakfast and don't skip meals!

▶ CARBS = FUEL

Eat nutrient-rich carbohydrates such as fruit, starchy veggies, whole grains and low fat dairy like milk.

Carbs are a primary fuel source during exercise.

▶ PROTEIN BUILDS MUSCLE

Eat lean meats, poultry, fish, eggs, beans, low fat and fat free dairy, lentils, nuts, nut butter such as peanut butter or almond butter, soy foods, veggie burgers and edamame.

Protein builds and maintains muscle and helps muscles recover.

▶ DAIRY = NUTRIENTS

Drink low fat or fat free white or chocolate milk (can be lactose-free). Eat yogurt and low fat cheese.

Dairy provides essential nutrients such as calcium, potassium and vitamin D. Drinking milk provides protein and helps replace fluids.

▶ FLUIDS = PERFORMANCE

Know your sense of thirst. Drink water and sports drinks, if necessary.

Fluids maintain performance, delay fatigue and guard against injuries.