## Game Day Nutrition

### Basics:
- *Eat Breakfast*
- *Sip, Sip, Sip! (drink water all day)*
- *Try Eating Every 2 - 3hrs.*
- *Replenish Glycogen Stores During Activity*
- *Avoid Food High In Fat*
- *Meals Should Be High In Carbohydrates*
- *Meals Should Be Low In Protein*
- *Avoid Caffeine Or Carbonated Drinks*
- *Avoid Artificial Sweeteners And High Fructose Corn Syrup*

### Nutrition Timing:

#### 2.5 to 3.5 hrs Before Game:
- **Pre-Game Meal**
- 16 to 32 oz. of water

#### 1 to 2 hrs Before Game:
- **Pre Game Snack**
- 16 to 32 oz. of water
- .4 grams of carbs per lb. of body weight
  
  Ex. 140lb athletes should have 56 grams of carbs or 280 calories
  
  *(16 oz. Minute Maid Apple Juice has 56 grams of carbs)*

Rely on drinks and snacks the closer you get to game time

#### 0 to 1 hr. Before Game:
- **NO FOOD**
- 16 to 32 oz. of water

**During Game:**
- **Restore Lost Glycogen**
- 32 oz of water per hour of activity
- 40 - 65 grams of carbs per hour
- Use sports drinks, juice, or juicy fruits

#### 0 to 30 min. After Game:
- **Post-Game Snack**
- **Continue to Rehydrate**
- 4:1 ratio of carbs to protein
  
  Try getting .4 grams of carbs per lb. of body weight
  
  (ex. 140lb athlete should have 56 grams of carbs and 14 grams of protein)

**Body converts carbs to glycogen 3X faster during the first 30 min. after competition**

#### 0 to 3 hrs. After Game:
- **Post Game Meal**
- **Continue to Rehydrate**
- Same breakdown as pre-game meal
- Smaller portions

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*See "Pre-Game" worksheet for examples and more information*