

What to Eat When You Play



Pre-Game



Plan meals around the game schedule, being sure to have a full meal ~3 hours beforehand. Focus on drinking enough water (daily recommendation 4, 16oz bottles) for fueling and hydration.



Post-Game



The goal of a meal after the game should be to replenish the body from the sporting activity and recover with food and water replacement.

- ½ the plate should be vegetables and fruits
 - Spinach, lettuce, zucchini, broccoli, berries, apples, bananas, melons, avocado
- ¼ the plate should be healthy whole wheats
 - Oatmeal, multigrain bread, quinoa, beans,
- ¼ the plate should be lean protein
 - Fish, turkey, chicken, eggs, beans, yogurt, lean beef



During-Game



Between halves or games, it is important that snacks consumed consist of easily digested carbohydrates for energy that are lower in fat and protein to avoid cramping. Examples include:

- Fruits (fresh or dried)
- Oats and granola (check for team allergies)
- Raisins, nuts (check for team allergies)
- Chia seed pudding, yogurt

Be sure to check labels to avoid excess added sugar and fats!