

***Sample Game Day/ Nutrition Plan:**

*Important: Every day is game day! Nutrition for training days is just as important as nutrition for game days. Get into this rhythm daily.

Early morning (before breakfast) workout. Don't walk out the door without something to eat. Examples:

- **Water** & Light snack. Examples:
 - cereal and milk or peanut butter and crackers or PB&J or Granola bar and skim milk or banana & peanut butter

Breakfast. Examples:

- Eggs, roasted potatoes, berries with yogurt and 100% fruit juice or whole-grain waffles/pancakes/French toast, peanut butter with banana and milk. **Water**

Lunch. Don't skip it! Examples:

- 2 slices cheese pizza, watermelon, and milk or turkey & cheese sandwich with veggie toppings, orange slices, crackers, and milk. **Water**
- Avoid fried foods/snacks, baked goodies, candy, and soda

Heavy snack. Eat 3 to 4 hours prior to a game or tough workout. Examples:

- Low-fat yogurt plus a peanut butter & jelly sandwich or ½ turkey sandwich plus fruit and milk. **Water. Drink plenty of water 2 to 4 hours prior to an event or practice.**

Pre-game or tough pre-workout snack (within 30 – 60 minutes before).

- **Water** & Light snack. Examples:
 - cereal and milk or peanut butter and crackers or PB&J or Granola bar and skim milk or banana & peanut butter or meal replacement shake (something like Carnation Instant Breakfast)

During Event or Practice:

- Drink 1/2 cup (4 ounces) of **water** every 15 minutes. (Sports drink rather than water for heavy sweating and exertion > 60 minutes.)

Post-event or tough post-workout snack (within 30 minutes of event or practice).

- Be prepared and have this ready to go. Examples: chocolate milk, yogurt and berries, fruit and milk smoothie, turkey, or ham sandwich.
- If dinner is waiting and you can be eating it within 30 minutes of a game or practice, then a post-event snack is not necessary
- Rehydrate with **water** after a game and after practices.

Dinner. Include all 5 food groups: fruits & vegetables, whole-grain breads & cereals, low-fat dairy, lean protein foods and heart healthy fats.

- Chicken, fish, pork, beef, or eggs with veggies or a salad, whole grain bread, roll or pasta, milk and a fruit cup or fruit smoothie. **Water**

A special note about milk. In addition to hydration, milk delivers important nutrients such as calcium, which is critical for bone strength, transmitting nerve impulses, helping muscles contract, and potassium for fluid balance and protein for muscle repair. Drink dairy or soy milk. Other "milks" are deficient in protein.