

GAME DAY NUTRITION

Here are some good nutrition choices for game day and post practice.

BEFORE

Carbohydrate-rich snack or meal that includes some protein and is low in fat and fiber for optimal digestion.¹

3–4 HOURS BEFORE START:

- Peanut butter and banana sandwich, apple slices and low-fat milk
- Fruit and Greek yogurt smoothie with lowfat granola
- Lean hamburger on bun with lettuce and tomato and yogurt with fruit
- Turkey wrap with cheese, fruit and fat-free yogurt

30–60 MINUTES BEFORE START:

- Water
- Piece of fruit or fruit jam sandwich

DURING

Fluids – water, drinks with carbohydrates and electrolytes and carbohydrate-rich foods.

- Banana
- Bread or roll with jam or honey
- Low-fat granola or sports bar

POST-GAME OR PRACTICE

Carbohydrate, protein, fruit/vegetable, fluids.

WITHIN 30 MINUTES:

- 8 fl. oz. of Nesquik® Low-fat Chocolate Milk*

2 HOURS AFTER²:

- Whole wheat pita bread with lean meat, veggies, pretzels, and low-fat milk
- Stirry fry with lean protein, veggies and brown rice and ice tea/water



¹ Nutrition Fact sheet, Issue 3, April 2009 Sports, Cardiovascular and Wellness Nutrition Practice Group AND (Academy of Nutrition and Dietetics), eatright.org

² Timing Your Nutrition, C. Mohr, Dec. 2012, AND (Academy of Nutrition and Dietetics), eatright.org

*Low-fat chocolate milk, like Nesquik®, may contain what research suggests is an ideal 3:1 ratio of carbohydrate to protein that may help refuel and restore exhausted muscles.