

FROM THE DESK OF **TARA COLLINGWOOD** SPORTS NUTRITIONIST

# 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.<sup>1</sup>*

### 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



**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**



## Post-Game or Practice

*Carbohydrate, protein, fruit/vegetable, fluids.*

### WITHIN 30 MINUTES

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



### 2 HOURS AFTER

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



Nesquik is the official chocolate milk of



and



<sup>1</sup> Nutrition Fact Sheet, Issue 3, April 2009 Sports, Cardiovascular and Wellness Nutrition Practice Group AND (Academy of Nutrition and Dietetics), eatright.org

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