

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.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



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 **US YOUTH SOCCER**

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