

## GAME DAY NUTRITION

*The goals of your pre-competition meal:*

- Provide adequate energy (carbohydrates are especially important)
- Help avoid fatigue
- Allow the stomach to feel relatively light at the start of the game, but avoid hunger pains
- Minimize gastrointestinal distress

*Timing and composition is crucial:*

- Eat your main meal 3-4 prior to game time
- Eat high in carbohydrates, low to moderate in protein, and low in fat
- Avoid sugar loaded food, bulk food (very high in fiber), gas formers like beans, high fat foods, and spicy foods

*Examples of pre-game breakfast:*

\*Pair all with fruit or fruit juice

- Cereal (not frosted) with low-fat/fat-free milk
- 2 slices of toast with an egg
- Oatmeal with raisins and honey
- Lean breakfast meat with a bagel
- Pancakes with yogurt or fruit

*Example of pre-game lunch:*

turkey or ham sandwich/sub      *or*      bagel with 3oz of turkey  
apple slices                              banana  
granola bar                                1 cup of low-fat/fat-free yogurt

\*A pre-game snack is often needed, depending on the timing of your main meal. If you are hungry make sure to include it. Always test out food options during practice first.

*Example of pre-game light snacks:*

- granola bar
- low-fat yogurt
- banana
- dried fruit
- cereal with low-fat milk
- bread or roll with jam or small amount of peanut butter
- fresh fruit



**For questions or comments contact Kathleen Pollard RDN, LD at  
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