

Game Day Nutrition Ideas

Pre Game:

Don't head out on an empty stomach! Ideally a meal should be consumed 2-4hrs prior to event. Here are a few ideas that are higher in carbohydrates for quick break down, but have moderate protein to sustain you.

Bagel with pb + fruit	Turkey sub, pretzels	Spaghetti w/ turkey sauce, salad, fruit
Toast, fruit, eggs	Grilled ck sandw, fruit	Salmon, sweet potato, salad
Oatmeal w/ nuts + fruit	Chicken wrap, bake lays	Grilled chicken stirfry

Top it off:

30-60min prior to event top off the stores with carbs and electrolytes.

Clif Bloks +water	PowerBar GelBlasts +water	½ Clif Bar + Sports drink
Gel + water	16oz Powerbar Perform drink	PowerBar Fruit Blends +water

During Game:

If an event lasts longer than 60min of constant movement, or you were unable to get proper fueling pre-game, supplementing with carbohydrates, electrolytes, and fluid are key to maintaining energy levels. You should drink ~20oz/hr at intervals of every 15-20min.

Sport Gummies	Gels	Sports Drinks
Fig Bars	Bananas	PB Crackers

Post Game:

Allowing stressed muscles to recover with proper nutrition is key to helping you feel strong for your next training session and especially during tournament settings. Getting a higher carb and protein snack or shake within 30-60min post-exercise is crucial to creating an anabolic environment.

Lowfat Choc Milk	Greek Yogurt	Protein Smoothie
Rockin' Refuel	Special K Protein Shake	Ultragen or Hammer Recoverite

For questions, contact our sports dietitian: Lindsay Langford, MS, RD, CSSD – llangfo@stvincent.org