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Game-Day Nutritional Recommendations

Pre-Game GOAL: fuel muscles and hydrate to prevent fatigue

- **Choose high carb, low fat foods that digest easily** (fruits, yogurt, skim milk, dilute juices or sports drinks) Stay away from fast food (high in fat, salt or sugar.) Plan what you will eat or bring it with you.
- **Allow adequate digestion time** (at least an hour before warm-up)
- **If you can't eat before you play, or if you have an early game, eat well the night before.** Healthy snacks are great. Go with fruit, granola bars, power/energy bars.
- **Drink plenty of fluids** (4-8 glasses day before, 2-3 large glasses two hours before, 1-2 glasses before start, especially on hot days). For away games, be sure to allow time to visit the restroom.
- **Avoid sugary foods and drinks:** provide a quick boost of energy that plummets when you play.

In-Game GOAL: maintain blood sugar and blood volume for high performance

- **Drink water or sports drinks as tolerated** (8-10 oz every 20 minutes). For competition lasting longer than an hour, sports drinks are better than water to replace electrolytes
- **Drink before you are thirsty to prevent dehydration** and performance drop.

Post-Game GOAL: replace carbs, fluids, electros and protein to restore muscle

- **Drink diluted juices to supply water and carbs.** General guideline is in first 0-2 hours target 0.5 g carbs/lb body weight; repeat 2 hours later.
- **Sports drinks** may supply fluids and carbs but minimal vitamins and minerals. **Drinks that supply protein**, like low fat milk, are a good choice. Small portions of moderately digestible carbs with some protein, some fat and plenty of fluids, best choice.
- **Be cautious about "energy drinks."** Don't confuse energy drinks with sports drinks. Energy drinks are generally very high in sugar, and this hampers fluid absorption.
- **Rest is essential for full recovery.** Minimize sun, heat and exertion.