



Quick Nutrition Guide

When	What	Why	Examples	Avoid
Pre-Game 3-4 hours before	low glycemic carbohydrates slow burning carbs protein healthy fat	slow digestion for sustained & steady energy delivery sustained & steady delivery of energy muscle synthesis and satiety	oatmeal with lowfat milk, nuts & dried fruit, lowfat bran muffin with yogurt, water whole wheat pasta with cheese and veggies, water grain wrap filled with grilled fish or chicken, avocado & mango, water cereal with milk & fruit OR whole grain waffles with applesauce and yogurt whole grain english muffin, 2 eggs, slice lean meat, OJ, water	high fiber high protein saturated fat, greasy foods cream based soups, burgers, fries, ice cream veggies (not enough calories + too much fiber)
Pre-Game 2 hours before	20 oz water	hydration	20 oz water	soda
Pre-Game 1 hour before	10 oz water	hydration	10 oz water	soda
Pre-Game 1-2 hours before	primarily carbs	remain fueled for subsequent games fast digestion for quick availability of energy	whole wheat toast with jam OR whole grain crackers, string cheese, grapes	fast food high fiber high protein and high fat large portion servings
Pre-Game 30 min before	low glycemic carbohydrates 1-2 cups water	slow digestion for sustained & steady energy delivery hydration	energy bar or drink with 2-4g carbs per 1 g of protein 1 tablespoon honey + 1/2 banana+water banana or raisins or saltine crackers or applesauce	high fiber foods, fruits (apple, pear or melon) high protein large servings or high calories saturated fat
During 1 hr+ training/game	fluids high glycemic carbohydrates electrolytes	hydration fast digestion for quick availability of energy	water sports drink water+ high carb snack (pretzels, sport/cereal bar, dry cereal)	high fiber carbs (veggie and fruit) high protein large servings or high calories fat
Halftime	high glycemic carbohydrates (300 calories or less) easy to digest protein	fast digestion for quick energy slow muscle breakdown, muscle repair	energy bar or drink with 3-4g carbs per 1 g of protein 4 oz chocolate milk	high fiber high protein
Post Game within 30 min after	high quality protein (12-20g) carbohydrate high glycemic carbohydrates	muscles repair stored energy replacement fast absorption for quick energy 0.45-0.68g carb per pound of bodyweight	ready to drink beverage or snack bar with 3-4 grams of carb per 1g protein fat chocolate milk OR low fat yogurt with fruit OR cereal with nonfat yogurt and apple slices or crackers OR peanut butter and banana on whole grain bread tuna or turkey/cheese on whole wheat OR bagel and jelly OR beans and brown rice	high fat greasy foods
Post Game within 2 hours after	lean protein carbohydrate fat	muscles repair & growth recover, restore energy levels, prepare the future additional energy replacement	stir fry chicken and vegetable, brown rice, low fat milk, frozen yogurt, fresh fruit tomato sauce, grilled chicken, french bread, ice-cream, strawberries	simple sugar saturated fat
Everyday every 3 hours nutrition and hydration	3 essential nutrients 1. high fiber carb 2. lean protein 3. healthy fat	brain-fuel, energy muscle fuel and repair satiety	fruits, vegetables grilled chicken, fish, beef, eggs greek yogurt or cottage cheese, avocado	white flour sugar(soda,candy) saturated fats