



## Meal Plan for Game Day Tip Sheet

### Meal Timing

1. You need 2-3 hours to digest a larger meal before event
2. A small snack-can be consumed 30 minutes before event
  - Granola bar
  - String cheese
  - Vegetable or fruit
3. Recovery: Balanced meal or protein and carb rich snack
  - Sweet potato with grilled chicken and vegetables
  - Glass of low-fat milk
  - Peanut butter toast with whole grain bread

### Sports Nutrition

1. Should be an extension of an overall healthy diet
2. Carbohydrates: Important for energy
  - Whole grain crackers or bread
  - Pasta
  - Potatoes
3. Protein: Try to incorporate with every meal and snack
  - Eggs or dairy products
  - Deli meat
  - Beans or tofu
  - Chicken, turkey or fish

### Hydration

1. Hydration: Should begin early in the day
  - Drink plenty of water 2-3 hours before sporting event
  - During Game: ½ cup every 15 minutes
  - Post -Game: Hydrate for sweat loss
2. 60 minutes or more of activity: May need to drink a sports drink with carbohydrates and electrolytes