

Maximize Performance

BEFORE THE GAME

PRE-GAME MEAL SHOULD:

- * Prevent low blood sugar and fatigue
- * Settle your stomach, prevent hunger and fuel muscles
- * Help you feel mentally ready to compete

Concentrate on carbohydrates

- * keep your muscles packed with glycogen.
- * good sources include:
 - * **grains** (cereals, muffins, granola bars, rolls, pop corn)
 - * **fruits** (fresh, frozen, dried)
 - * **starchy vegetables** (peas, potatoes, corn, winter squash, dried beans)
 - * **dairy** (milk, yogurt)



Rely on familiar snacks that digest easily. Fat and fiber digest slowly

- * low fat bread, bagels, english muffins, pasta

Don't forget protein

- * Examples:
 - * 4 slices turkey in a sandwich
 - * 1-2 slices cheese
 - * 1 cup milk over hot or cold cereal & banana slices
 - * 1/2 c. cottage cheese w/ favorite fruit



Go easy on sweets; eating these right before performing, can cause early fatigue

Examples: regular sodas, candy, dried fruit, large quantities of juice or sports drink

Leave enough time for digestion

- * 3-4 hrs for big meal
- * 2-3 hrs for small meal
- * < 1 hr for small snack

Don't try anything new during the game



Nutrition Matters: Eat to Compete

DURING THE GAME...

- * The first 30 minutes is the most critical time to take in carbohydrates and fluids.
- * Drink two glasses of a caloric beverage such as a sports drink, milk or orange juice.
- * In hot weather, try an ice pop or a cold smoothie, especially if you are overheated and don't feel hungry.

AFTER THE GAME...

POST-GAME MEAL SHOULD

- * Help muscles replace glycogen
- * Be eaten within 15 min after performance to replace losses

Find fluids fast

- * Stay away from caffeinated beverages, which tend to increase urine output and carbonated beverages take longer to drink.
- * 32 oz. Nalgene bottle
- * 2 cups of fluid /1 lb. sweat loss
- * well hydrated = clear urine

Concentrate on carbs and protein

Repeat 2 hours later.

- * Cranberry juice
- * Orange juice plus a bagel
- * Bowl of cereal with milk and fruit
- * Sports drink plus yogurt
- * Energy bar shake
- * Energy bar and Gatorade
- * Nuts, dried fruit and cranberry juice
- * Frozen blueberries, low-fat lemon yogurt and a one serving package of wheat crackers
- * One energy bar



- * Turkey sandwich
- * Slices cheese
- * Milk over hot or cold cereal and banana slices
- * Cottage cheese w/ favorite fruit
- * Bean burrito with orange juice
- * Two mozzarella cheese sticks, a toasted whole-grain English muffin, and an orange
- * A fruit smoothie made with milk, fruit, yogurt or and frozen yogurt
- * Fruit-flavored yogurt with cashews and bagel
- * Tuna sandwich
- * Peanut butter and jelly sandwich

For more information contact the
Office of Health Education and Promotion, UNH Health Services
862.3823
www.unh.edu/health-services