

Top Nutrition Tips for Sports

PRE-GAME EATING

Add More to Meals

Start 3 days before games to eat a little more at every meal. Try:

- A larger bowl of cereal
- 1.5 sandwiches for lunch
- A larger serving of rice, pasta, or potatoes at dinner

This will help to store more fuel for the upcoming games.

STAY HYDRATED

Pick Your Fluids Wisely

1 water bottle or 20 oz. fluid 1 hour BEFORE practices and competition.

1-2 water bottles/hour during practices and competition.

CHOOSE

- Water • Sports drinks • Milk

SKIP

- Juice • Soda • Energy drinks

FUEL YOUR MUSCLES WELL

Eat More Frequently

Eat every 3-4 hours, beginning with breakfast and a morning snack.

Eat a snack before practices: yogurt, a granola bar, small bowl of cereal, or bagel with a little honey.

Incorporate Carbohydrates

Muscles require carbohydrates. They should be 2/3 of the plate at all meals.

CHOOSE

- Bread • Rice • Pasta • Potatoes
- Fruits • Vegetables • Cereal

SKIP

- Chips • Cookies • Candy

Include Some Fat In Your Diet

CHOOSE

- Nuts • Nut butter • Small amount of salad dressings/mayonnaise/oil

SKIP

- Wings • Ribs • Hot dogs
- Fried foods • Fatty meats

Pick Your Proteins Wisely

Proteins are not a fuel source for sport. They should be 1/3 of the plate at all meals.

CHOOSE

- Chicken • Turkey • Lean meat such as a steak • Pork Chop • Fish
- Shellfish • Eggs • Cheese • Milk
- Beans (pinto, black, navy, white beans, black eyed peas)

SKIP

- Fatty or fried meats
- Burgers

POST-GAME

Replace What You Lose

For optimal recovery, eat or drink something within 15 minutes of finishing a practice or game. Try:

- 20 oz. sports drink • 2 handfuls of trail mix or dry cereal • 2 granola bars
- A package of peanut butter crackers • Small bag of pretzels



Top Nutrition Tips for Football

PRE-GAME EATING

Add More to Meals

Start 3 days before games to eat a little more at every meal. Try:

- A larger bowl of cereal
- 1.5 sandwiches for lunch
- A larger serving of rice, pasta, or potatoes at dinner

This will help to store more fuel for the upcoming games.

STAY HYDRATED

Pick Your Fluids Wisely

1 water bottle or 20 oz. fluid 1 hour BEFORE practices and competition.

1-2 water bottles/hour during practices and competition.

CHOOSE

- Water • Sports drinks • Milk

SKIP

- Juice • Soda • Energy drinks

FUEL YOUR MUSCLES WELL

Eat More Frequently

Eat every 3-4 hours, beginning with breakfast and a morning snack.

Eat a snack before practices: yogurt, a granola bar, small bowl of cereal, or bagel with a little honey.

Incorporate Carbohydrates

Muscles require carbohydrates. They should be 2/3 of the plate at all meals.

CHOOSE

- Bread • Rice • Pasta • Potatoes
- Fruits • Vegetables • Cereal

SKIP

- Chips • Cookies • Candy

Include Some Fat In Your Diet

CHOOSE

- Nuts • Nut butter • Small amount of salad dressings/mayonnaise/oil

SKIP

- Wings • Ribs • Hot dogs
- Fried foods • Fatty meats

Pick Your Proteins Wisely

Proteins are not a fuel source for sport. They should be 1/3 of the plate at all meals.

CHOOSE

- Chicken • Turkey • Lean meat such as a steak • Pork Chop • Fish
- Shellfish • Eggs • Cheese • Milk
- Beans (pinto, black, navy, white beans, black eyed peas)

SKIP

- Fatty or fried meats
- Burgers

POST-GAME

Replace What You Lose

For optimal recovery, eat or drink something within 15 minutes of finishing a practice or game. Try:

- 20 oz. sports drink • 2 handfuls of trail mix or dry cereal • 2 granola bars
- A package of peanut butter crackers • Small bag of pretzels



Top Nutrition Tips for Soccer

PRE-GAME EATING

Add More to Meals

Start 3 days before games to eat a little more at every meal. Try:

- A larger bowl of cereal
- 1.5 sandwiches for lunch
- A larger serving of rice, pasta, or potatoes at dinner

This will help to store more fuel for the upcoming games.

STAY HYDRATED

Pick Your Fluids Wisely

1 water bottle or 20 oz. fluid 1 hour BEFORE practices and competition.

1-2 water bottles/hour during practices and competition.

CHOOSE

- Water • Sports drinks • Milk

SKIP

- Juice • Soda • Energy drinks

FUEL YOUR MUSCLES WELL

Eat More Frequently

Eat every 3-4 hours, beginning with breakfast and a morning snack.

Eat a snack before practices: yogurt, a granola bar, small bowl of cereal, or bagel with a little honey.

Incorporate Carbohydrates

Muscles require carbohydrates. They should be 2/3 of the plate at all meals.

CHOOSE

- Bread • Rice • Pasta • Potatoes
- Fruits • Vegetables • Cereal

SKIP

- Chips • Cookies • Candy

Include Some Fat In Your Diet

CHOOSE

- Nuts • Nut butter • Small amount of salad dressings/mayonnaise/oil

SKIP

- Wings • Ribs • Hot dogs
- Fried foods • Fatty meats

Pick Your Proteins Wisely

Proteins are not a fuel source for sport. They should be 1/3 of the plate at all meals.

CHOOSE

- Chicken • Turkey • Lean meat such as a steak • Pork Chop • Fish
- Shellfish • Eggs • Cheese • Milk
- Beans (pinto, black, navy, white beans, black eyed peas)

SKIP

- Fatty or fried meats
- Burgers

POST-GAME

Replace What You Lose

For optimal recovery, eat or drink something within 15 minutes of finishing a practice or game. Try:

- 20 oz. sports drink • 2 handfuls of trail mix or dry cereal • 2 granola bars
- A package of peanut butter crackers • Small bag of pretzels

