

## Food Fuel Before, During and After Events

**BEFORE** – Start by giving your body enough fuel for your best performance

- Eat a meal 3-4 hours prior to activity
- The best meal is high in whole grains (carbohydrates) and moderate in protein. Limit fat and fiber.
- Make sure to drink plenty of fluids, preferably water. Stay away from caffeine.
- Avoid fast food, spicy foods, gas promoting foods and carbonated beverages

Here are some good things to eat and drink before competing:

- Peanut butter on whole-wheat English muffin and instant breakfast drink
- Fruit and yogurt parfait with low-fat granola
- Cinnamon oatmeal with banana, walnuts and low-fat milk
- Lean hamburger and fresh grapes
- ½ bagel with low-fat cream cheese, fruit and yogurt parfait
- Turkey and Swiss sandwich on whole-wheat bread with carrots and water
- Tuna sandwich with a side salad and low-fat milk

**DURING or BETWEEN** – Give your body enough fuel to last through the rest of the event

- For an all-day tournament when games are less than 2 hours apart, eat a nutrient dense, high carbohydrate snack – a snack should be fewer than 300 calories
- Try to eat a meal if your game is more than 5-6 hours away
- Plan ahead and bring healthy snacks so you are not dependent on concession stand food

Here are some good things to eat and drink between competitions:

- Banana
- Fruit jam on whole wheat bread
- Low-fat granola bar
- Cheese and crackers, yogurt
- Hummus and pita chips
- ½ bagel and dried fruit
- Pretzels and fruit

**AFTER** – Help your body and muscles recover by eating healthy after an event

- Meal/snack with water should be consumed within 30-60 minutes after exercise
- Carbohydrate foods will fill energy stores that were used during exercise for energy
- Moderate protein intake is important for muscle repair
- Sugary “treats” after a game will not help recovery, opt for healthy snacks and lots of water
- Supplement your meal with colorful fruits and vegetables

Here are some good things to eat and drink after competing:

- All-fruit smoothie made with low-fat milk or yogurt
- Graham crackers with apple butter, banana and low-fat milk
- Whole wheat spaghetti with tomato sauce, side salad and low-fat milk
- Brown rice with black beans, cheddar cheese, salsa, and avocado over romaine lettuce
- Fish tacos – baked fish and cabbage in whole wheat tortilla
- Stir fry with lean meat and mixed vegetables over brown rice