

It is important to note that there is a difference between fueling for performance for tournaments or weekends where you have multiple games (i.e. Friday and Saturday,) and a single game or practice. There is no need to change eating patterns days in advance for only one game or practice.

Pre-Competition

Carbohydrates

- **3 days before weekend games or tournaments**
 - Purpose is to replenish muscle glycogen stores.
 - Increase carbohydrates to 70% AMDR each day for three days before a weekend where you have two or more games (follow the same protocol for calculating AMDR needs as described above).
- **4 hours before weekend games, a single game OR practice**
 - Purpose is to replenish liver glycogen stores.
 - Consume 3 to 4 grams of carbohydrates per 1 kilogram of body weight.

| 4 or More Hours Before | Serving Size | Grams of Carbohydrates |
|--|---|--|
| Spaghetti with meat sauce | 2-3 cups | 75-100 g |
| Pasta | Pasta: 1 cup | Pasta: 60 g |
| Chicken | Chicken: 4 oz | Chicken: 0 g |
| Vegetables | Vegetables: 1 cup | Vegetables: 6 g |
| Grilled Chicken | Chicken: 3 oz | Chicken: 0 g |
| Rice (White) | Rice: 6 oz | Rice: 44.4 g |
| Fruit (Grapes) | Fruit: 1 cup | Fruit: 25 g |
| Snack Bar (oatmeal raisin walnut) | 1 bar | Bar: 43 g |
| Sports Drink | Drink: 8 oz | Drink: 14 g |
| High protein milk shake | 12 fl oz | 40 g |
| Turkey sandwich (w/ 3 slices deli meat, 2 slices whole wheat bread, low-fat mayo), baby carrots | Turkey: 1 slice Mayo: 1 tbsp Bread: 2 slices 7 carrots | Turkey: 0 g Mayo: 0 g Bread: 12 g Carrots 3 g |
| Tuna Sandwich (2 slices whole wheat bread) nonfat mayo | Tuna: 2 oz drained Bread: 2 slices Mayo 1 tbsp | Tuna: 0g Bread: 24 g Mayo: 0 g |
| Trail mix with nuts/raisins | 1/3 cup | 20 g |

FUELING FOR PERFORMANCE

- **1 hour before weekend games, a single game OR practice**

- Consume 1 gram of carbohydrates per 1 kilogram of body weight.
- Eat only foods you are familiar with to avoid an upset stomach prior to activity..

| 1 Hour or Less | Serving Size | Grams of Carbohydrates |
|----------------|--------------------|------------------------|
| Dried mango | 3 oz | 28 g |
| Raisins | Small box (2.5 oz) | 34 g |
| Banana | 7 oz | 31 g |
| Granola bar | 2 bar pack | 29 g |
| Pretzels | 20 pieces | 22 g |
| Fig bar (2) | 1 oz | 20 g |
| Applesauce | 4 oz | 14 g |
| Sports drink | 8 oz | 14 g |
| Toast | 1 slice | 14 g |
| Crackers | 5 crackers | 10 g |

Fats

- There is no need to increase fat intake days before or shortly before games or practice; maintain the AMDR of 20-35% of daily overall calories.

Protein

- There is no need to increase protein intake days before competition. Continue to eat the amount of protein needed for your activity type as calculated above.
- **Research shows you can either consume protein 1 hour before exercise or shortly after.** This is applicable for each game or practice. Timing of intake does not matter for replenishing protein stores as long as you are making sure you consume protein at one of those times.
- If you prefer to consume protein after competition, there is no need to increase protein intake before athletic activity.

FUELING FOR PERFORMANCE

During Competition

Carbohydrates

- **If you are competing for less than 45 minutes you do not need to eat carbohydrates during exercise.**
- **If you are competing for 1 hour to 2.5 hours, you will need **60 grams of carbohydrates per hour**.**
 - Sports gels, sports bars, pretzels, bread, dried fruit, etc.
- Replacement of electrolytes can typically wait until the post exercise recovery period.

Fats

- There is no need to consume fats during exercise.

Protein

- There is no need to consume protein during exercise.

Post-Competition

Carbohydrates

- **You must start consuming carbohydrates immediately after a game, especially if you have another game the next day.**
- If you wait longer than 2 hours to eat, your body will not absorb carbohydrates as effectively, which means you will not have adequate energy replenishment.
- Eat 1 gram of carbohydrates per 1 kilogram of body weight each hour **until 4 hours hit**. Because of the way it is digested in the body, avoid fructose, which is fruit sugar, and eat sucrose or glucose.
 - Pasta with tomato sauce, rice and veggies, whole grain bread, etc.

Fats

- There is no need to consume fats immediately after exercise, maintain normal AMDR limits (20-35%).

Protein

- As previously mentioned, you can consume protein either previous to exercise or right after exercise.
- Because you **MUST** consume carbohydrates after exercise, protein is typically consumed with carbohydrates right after exercise, but it is up to your personal preference.
 - **20 to 25 grams of protein**
 - Peanut butter toast, chicken or tofu with pasta, beans and rice, etc.

If you skipped through the last 3 pages, this is what you need to know. Timing your food intake is vitally important in supporting your athletic performance.

- **3 days** before weekends with multiple games, increase your carbohydrate intake, and maintain levels of fat and protein intake. This does not apply for practice or only one game.
- **4 hours** before each game or practice, consume a predominantly carbohydrate meal with minimal protein and fat.
- It is necessary to consume carbohydrates during exercise lasting **longer than an hour**. This means games. You do not need to eat fat or protein during any type of exercise.
- **Immediately post exercise it is vital to consume carbohydrates** to replace energy stores, and protein to replenish muscles. There is no need to consume fats immediately after exercise. Resume normal eating patterns after the weekend of competition is finished.