



Hilliard Bradley Athletic Training

Hydration and Nutrition



- Pre-game meals should not be an experiment for the first time on game day. Try things out prior to game day. Avoid “new” foods right before a game. Eat foods consisting of complex carbohydrates. Avoid high sugar/sweet foods and allow adequate time for the food to digest. Finally avoid high fiber foods unless your body is used to this consumption.
- The ideal pre-game meal should be about:
 - ❖ 65% Carbohydrate
 - ❖ 20% Fat
 - ❖ 15% Protein
- The purpose of a post-game meal is to replace used energy. It is also to establish energy stores for the next demanding activity. Post-game meals are most important for events taking place on consecutive days.
- Many times it is difficult for a high school athlete to eat a meal after school and before competition. Often lunch is mid to late morning which means a potential 6 – 8 hour window with no food/fuel for the body. The following are some snacks that can be helpful in holding off the stomach pains of hunger and not inhibiting performance.
 - ❖ Pretzels
 - ❖ Fig Newtons
 - ❖ Graham Crackers
 - ❖ Rice Cakes
 - ❖ Fruit (oranges, apples, bananas)
 - ❖ Crackers
 - ❖ Peanut Butter Sandwich
 - ❖ Bagels
 - ❖ Granola Bars
 - ❖ Yogurt/Granola
 - ❖ Cliff Bars/Power Bars
 - ❖ Raisins, Dried Fruit
 - ❖ Water
 - ❖ Gatorade or other sports drinks
 - ❖ Fruit Juice
- Items ***NOT APPROPRIATE*** before, during or after athletic competition:
 - ❖ Soda pop or carbonated drinks of any kind
 - ❖ Candy
 - ❖ Cake/Cupcakes/Donuts
 - ❖ Chips/Cookies

* Weatherwax-Fall, RD, CSSD, LD, ATC, CSCS, Dawn. “Every Day Nutrition VS Game Day Nutrition.” NSCA Performance Training Journal. Vol. 6: No. 6 pages 12-13