



# PRE-GAME MEALS



Deciding what to eat before a game can be a tough decision and nothing is worse than competing while you are hungry. What to eat, when to eat, and how much to eat are all things to consider and can vary from athlete to athlete. Ideally you compete at your best when there is little to no food in your stomach. Foods that are easy to digest are high in carbohydrates. It may take between 1-4 hours for these foods to leave your stomach.

Here are some strategies/tips to help you make the right decision for pre-game meals.

## #1 A little planning, can make a big difference.

- Don't forget to eat!
- Know if a certain food upsets your stomach.



## #2 Our bodies handle foods differently.

- Test out different pre-game meals before a practice and find out what works for you.

## #3 Choose meals and snack high in carbohydrates.

- Whole grain bread, Brown Rice, Sweet potatoes, Pasta, and Milk are all good sources.

## #4 Drink plenty of fluids.

- Dehydration is easy to avoid. Drink before, during, and post competition.

## #5 Avoid!

- Sugary drinks, food, and candy.
- Spicy foods
- Foods that produce a lot of gas (beans, broccoli, or high fiber foods)
- Foods high in fat and protein (they take much longer to digest)
- Trying new foods.
- Greasy foods

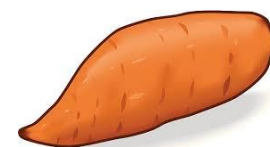


## #6 Smaller portions

- You don't want to eat too much and overload your system.
- Athletes are encouraged to eat meals that are about 2/3 the size of their normal meal

## #7 Relax

- When you are rushed, nervous, or under stress, your body cannot digest the food and get energy to your working muscles as fast as it could.



**PUT GOOD IN, GET GOOD OUT**



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<b>Time Before Competition</b>	<b>Recommended Food or Liquid</b>	<b>Pre-Game Meal Ideas</b>
30 minutes to an hour	Mostly liquids.	Sports drink and water
1 – 2 hours	Small snack and liquids	Cereal bar, grapes, apple, juice, and water.
2 – 3 hours	Small meal and liquids	½ turkey sandwich, banana, sports drink, and water.
3 – 4 hours	Regular-size meal and liquids	Pasta and meat sauce, salad and low-fat dressing, bread, fruit juice and water.

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**SAINTS**

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