



Your body can't perform if your tank is empty!

Want more information? Contact Heidi Wengreen, RD, PhD at Heidi.wengreen@usu.edu

Before competition	During competition	After competition
<ul style="list-style-type: none"> • Eat carbohydrate rich foods at least 3 hours before the match. Like what? Yogurt, granola, and fruit; PBJ and milk; pasta and sauce. • Fats, protein, and fiber are harder to digest so avoid fast food, fried foods, heavy sauces, cheese, salads, big servings of meat; anything that upsets your stomach. • Added sugar may cause your blood sugar to crash so avoid candy, soda pop, sports drinks, and other treats. • Drink before you are thirsty. Drink 3-4 cups of water. • Eat a 100 calorie carbohydrate snack 1 hours before you begin play. Like what? 1 cup of a sports drink, a handful of pretzels, a granola bar. 	<ul style="list-style-type: none"> • Stay hydrated! Drink water or sports drinks when you can. Try to drink 1 cup at least every hour. • If you are playing hard for more than 90 minutes, drink a sports drink instead of water. • If you are playing hard for more than 90 minutes and it has been 3 hours or more before your last meal, eat small amounts of foods that are high in carbohydrates and low in fat, fiber, and protein when you can. Like what? Bites or a few pieces of pretzels, vanilla wafers, fruit snacks, or sports bars when you get a chance. The idea is to trickle in the fuel (in the form of carbohydrates) so your tank doesn't get empty. If you start to feel hungry, your tank is low and you need to eat. 	<ul style="list-style-type: none"> • Plan ahead. Bring and eat a snack high in carbohydrates and protein and eat or drink it as soon after the event as you can. 4 grams of carbohydrate to 1 gram of protein is the optimal re-fueling ratio. Aim for 50-60 grams of carbohydrate and 15-20 grams of protein. Like what? 2 cups of chocolate milk; yogurt and fruit smoothie; PBJ and an apple; cottage cheese and fruit; protein shake. • If you became dehydrated during your event, rehydrate by drinking water. If you are able to weigh yourself, drink 2 cups of water for every pound that you lost during competition.