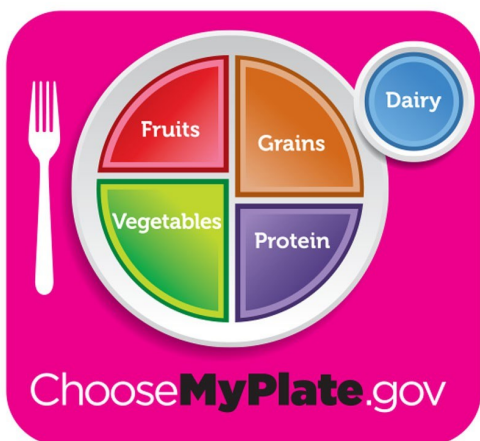




## GAME DAY NUTRITION CHECKLIST

It is game day!!! Is your nutrition game plan in check?! If not, use this Game Day Nutrition Checklist to make sure your body is fueled and hydrated for the game. The body will not perform at peak performance if it does not have the right amount of fuel, fluids, or rest. How far can you go on an empty tank?!

- Get at least nine hours of sleep the night before the game.**
- Eat a well balanced breakfast. Use the MyPlate below as a guide.**
- Drink 16 oz. of fluid during the first hour of waking up. Hydration is vital!**
- Hydrate throughout the day. Monitor your urine color. Urine color should be to the left of the red line. If you are to the right, you are dehydrated. DRINK UP!!**
- Three to four hours before game time eat a filling meal of mostly carbohydrate, lean protein and limited fat Drink at least 16 oz. of fluids. Use the MyPlate below as a guide.**
- Thirty minutes to one hour before game time eat a quick carbohydrate source like pretzels, banana, apple sauce, or a granola bar.**
- Twenty minutes before game time drink an additional 8 oz. of fluid.**



### SPORTS NUTRITION PRO TIPS

#### Start your day with breakfast

By skipping breakfast an athlete's performance drops by 5%!! Breakfast will give you a competitive edge by providing your muscle fuel to perform and your brain a mental boost.

# ASK A SPORTS RD

## Q: How do I get more energy?

A: Sleep well and eat a varied diet. Most athletes do not sleep or eat enough to support their training. Include a fiber source, such as oatmeal, along with protein to help you feel full longer.

## Stay Full Longer

1. Lean proteins and healthy fats produce a feeling of fullness

*Protein: Canned Tuna; Fat: Peanut Butter*

2. Whole grains keep you full longer

*Oatmeal, whole wheat bread*

3. Snacks should include a little protein and carbohydrate

*String cheese and an apple*



## Classes of Nutrients

- Carbohydrates, proteins, and fats are **macro**nutrients. The body needs them in large amounts.
- Vitamins and minerals are **micro**nutrients. The body needs them in small amounts.
- Macronutrients provide energy (calories) but micronutrients do not.
- Some vitamins, like Vitamin B12, help the body use the food we eat as energy.

### SPORTS FOOD OF THE MONTH

## EGGS

**Eggs are high quality protein and contain all the of the essential amino acid that can help build, maintain, and repair muscle. At \$0.15 a serving, eggs are the least expensive source of high-quality protein. In addition, if you are an athlete wanting to lean out, eating protein at**

**breakfast can help control your appetite and reduce the amount of food you eat for the rest of the day.**



### SMOOTHIE OF THE MONTH

## STRAWBERRY BANANA BLAST

This smoothie is perfect for post workout. It will quench your thirst, refuel your muscles, and boost recovery. If you don't have frozen fruits, add ice for a cool and frosty feel.

### Ingredients:

- 1 cup of strawberries
- 1 frozen banana
- 12 oz. of 1% milk

### Instructions:

1. Combine all the ingredients in a blender.
2. Cover and blend for 1 minute or until smooth.

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• Nutrition information: 300 total calories; 56 g carbohydrate; 15 g protein; 3 g fat  
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