

FLAMES! We all want to perform well when we're competing but there can be challenges in making the right food choices to maximize performance. Use the following as guidelines to help you be fueled and ready for game time!



Pregame meal menu (3-4h before)

Think 3-2-1

- ◆ **3 fistfuls of complex carbohydrates** (whole wheat/multigrain breads, bagels, pastas, cereals, crackers, quinoa, oatmeal, sweet potatoes, potatoes, brown rice)
- ◆ **2 fistfuls of fruit and/or vegetables** (make your plate colorful with these!) or try using a separate bowl!
- ◆ **1 hand sized serving of a high quality, lean protein source** (eggs, dairy, meat, fish, poultry, soy)
- ◆ Don't forget to snack on high carbohydrate based foods as you get closer to game time. The closer you get to game time, the simpler they should be!

What on my plate will help me perform today?"



SPORTS NUTRITION

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Take a look at your plate!

- ◆ Vegetables (except corn, peas and potatoes) do not provide much in the means of carbohydrates (your body's main fuel for activity)
- ◆ Only up to 5% of your energy needs may be met during competition through breaking down proteins so a plate full of eggs, meat and beans won't help
- ◆ Unless you are involved in an endurance sport (continuous activity lasting longer than 20m), fats aren't utilized for energy as much as carbohydrates are. "Carbs" are more effective in producing the power and explosiveness needed for most sports where there's stop and go play, sprinting, all-out efforts, etc.
- ◆ Remember you will "hit the wall" once your energy runs out or you will have to slow down enough so your body can burn fat to support your energy needs. Which can't be useful when you need an all out effort (or it's the 4th quarter!)
- ◆ **Do YOU AND YOUR TEAM a favor and fuel your body with the carbohydrates, simple and complex, that it needs to play your part and perform well.**

What about soups or salads?

Remember as an athlete, your needs are different than the average person. Vegetable based salads may be fine for a person who is trying to eat smarter and healthier but it is not for an athlete competing in a few hours and who will need carbohydrates to provide their fuel to perform. Soups also, unless loaded with pasta, fail to provide the much needed energy to perform. They can also be loaded with fat which can slow you down, similar to the dressings salads typically come with. Soups and salads can make a great side item to an entrée that's loaded with a mixture of complex and simple carbs but they shouldn't be your main meal!

