

Stay Energized Throughout Your Tournament

Tips to keep you playing at your best!

PREGAME MEAL & FLUID INTAKE

- stay energized throughout game
- ensure proper hydration
- provide empty stomach at game time

To do this:

plan meal size according to time frame available

4-6 hrs before game

large meal with plenty of carbs (focus on starchy foods),
small portion of protein and low fat

2-3 hrs before game

less than 500 calories

lots of carbs (starchy foods), low protein and fats

1-2 hrs before game

light snack, bowl of cereal, liquid meal

*note: for early morning game eat large high carb (starchy foods) meal relatively late the night before w/light breakfast in morning a couple of hours before game

Drink more fluids than you think you need!

Drink 16 oz of fluids 2-3 hrs before game

TIP: Drink 8-12oz cold water 10-15min before game start

POSTGAME MEAL & FLUID INTAKE

Drink at least 16oz of fluids after game

Drink carbohydrate/protein replacement drink

Meal should be balanced with high carbs for glycogen, moderate protein to rebuild/repair muscle and low fat

For More Info:

<http://urbanext.illinois.edu/hsnut/index.html>

<https://elite-soccer-fitness.com>

Foods High in Starch

Pastas

Macaroni

Spaghetti

Noodles

Ravioli

Post Game Meals

High Carb(75-100g) /Moderate Protein(<10g)

12-17 oz liquid meal supplement

12-17 oz Fruit Smoothie

Large bowl Cereal w/Milk + Fruit Yogurt

2 cups Fruit Salad + Fruit Yogurt
2 English Muffins w/Peanutbutter + 10oz Milk
½ Med Thick Crust Pizza w/meat + vegetables

Dried beans

Lima beans
Navy beans
Kidney beans

Rice

Brown rice
Wild rice
White rice
polished or unpolished

Breads

Rolls
Muffins
Crackers
Sliced breads
Pancakes

Dried peas

Split peas
Lentils
Black-Eyed peas

Starchy Vegetables

Potatoes
Carrots
Peas
Corn
Winter squash
Sweet potatoes

Cereals

Hot cereals (like oatmeal)
Cold cereals (like wheat flakes)
Avoid highly sugared cereals