



## City SC Tournament Nutrition Strategy

### Pre-Game Fueling:

- Consume water and sports drinks (preferably low sugar options that contain electrolytes, such as Propel and Gatorade G2) continuously throughout the day to maintain hydration status.
- 2-4 hours before game: eat a meal high in carbohydrates, moderate in protein, and moderate in fat.
- **30-60** minutes before game: consume a high carbohydrate snack such as an apple, banana, apple sauce, dried fruit, or granola bar to top off energy stores.
- Warm-ups: Drink an additional 8 oz (1 cup) of fluid (regular sports drinks such as Gatorade and water) to top off energy stores and maintain hydration status.

### Game Fueling:

- Sports drinks such as regular Gatorade/water as needed during game and at half time.
- High carbohydrate snack as needed at half time: fruit, dried fruit, apple sauce, or granola bar

### Post-Game Fueling:

- Consume a protein shake and piece of fruit (i.e. banana or apple) **immediately** after the game to repair damaged muscle tissue and replenish used energy stores.
- Consume sports drinks such as regular Gatorade (not low sugar options) in the 4-6 hours following a game to maintain fluid balance, replace electrolytes lost through sweat, and replenish used energy stores.
- Within **2** hours, eat a meal high in carbohydrates, moderate in protein, and moderate in fat.
- Consume water and low sugar sports drinks (Propel and Gatorade G2) continuously throughout the day to maintain hydration status.



## Sample Game Day Fueling Plan

### 8:00-9:00 AM Breakfast

- Oatmeal topped with berries and nuts
- Greek yogurt
- Whole-grain toast with peanut butter
- Propel and water

### 11:00-11:30 (30-60 Minutes before Game):

- Granola bar
- Gatorade and water during warm-up

### 12:00 PM Game

- Gatorade and water as needed during game
- Halftime: Gatorade and handful dried fruit

### Immediately after Game (Approximately 2:00 PM)

- Protein shake (providing ~ 20 g protein) OR chocolate milk
- Banana
- Gatorade and water

### 3:00 Meal (within 2 hours of game)

- Turkey sandwich on whole-grain bread
- Pretzels
- Salad
- Fruit or dried fruit
- Gatorade, Propel, and water

### 6:30 PM Dinner

- Whole-grain pasta with marinara sauce
- Whole-grain bread
- Grilled chicken breast
- Side salad
- Propel and water

### 9:00-10:00 PM Bedtime Snack

- 8 oz chocolate milk
- Water