Good Carbs Are Your Friend!

Carbohydrates are important for athletes because they provide you with your main energy source for practice and competitions. Without an adequate supply of carbs, your performance will be severely limited.

Be sure to eat a wide range of carbohydrate rich foods 2 days before your competition. Good examples are: pasta (wheat and egg); rice (brown and whole grain); grains such as quinoa; all types of whole grain breads, rolls and wraps; beans and nuts.

Not all carbs are the same. You should avoid simple sugars (candy, white bread products, rice and potatoes).

Important!

NO ENERGY DRINKS ON GAME DAY!

Red Bull, Monster, NOS and other beverages touted for their “energy” contain huge amounts of sugar, caffeine and other stimulants. These ARE NOT the sources of the sustained energy that you need for athletic competition. In fact, they are likely to produce the opposite effect by causing you to crash, have difficulty sleeping and stealing your appetite away from healthy foods and fluids.

GENERAL ADVICE AND TIPS

- Avoid anything new on game day
- Avoid foods that have bothered your stomach or GI system in the past
- Consume adequate fluids in the 2 days prior to a competition. Your urine should be pale yellow to clear.

NO caffeine * *Caffeine has major dehydrating effects, can make you jumpy, and raises your heart rate and blood pressure – all things you should avoid on game day.
**Pregame Meal Plan**

**Consider the following when eating your pregame meal:**

- Creamy sauces are high in fat. When eating pasta pick a red sauce like marinara over white sauces like Alfredo.
- Avoid garlic bread that is soaked with butter. Ask for a plain roll on the side instead.
- Cream cheese and butter are high fat options commonly paired with bagels or toast. Replace them with jam or honey.
- A lot of cheeses are high in fat. Be careful about ordering cheese filled dishes such as ravioli. If a dish comes with cheese on top ask for it on the side.
- If there is no way you can avoid dessert, eat frozen yogurt instead of ice cream, cakes, or cookies.
- Always ask to get sauces, dressings, and other condiments on the side.

**Pregame Fluids:**

- 17-20 ounces (500mL) of fluid should be consumed 2 hours before exercise (practice or competition) in hot and/or humid environment.
- 7-10 ounces (200-300 mL) of fluid should be consumed 10-20 minutes before exercise.

NOTE: Cups at SJC events are 8oz.
**Game Day Meal Plan**

Consider the following when eating your game day meal:

- 4-6 hours before game time you should eat a solid meal. This should include carbohydrates, protein and fluids. Some fats are ok.
- 1 hour before game time, you should eat a small snack. This should be carbs such as pretzels or fruit with 20 oz of water.
- 30 minutes before game time, additional water. Consider Gatorade if you feel you need a little extra energy.

During Game Fluids:

- Based on your sweat rate, cool fluid should be consumed every 20-30 minutes of exercise.
- In events, less than one hour, water is preferred.
- In events longer than one hour of continued activity (marathon race, etc.), a carbohydrate solution (Gatorade, PowerAde) is preferred.

**Post Game Meal Plan**

Consider the following when eating your postgame meal:

- Plan to eat 30-45 minutes after the game ends.
  - You will need carbs and protein.
  - Chocolate milk, half a PB&J, and apple with string cheese or a yogurt with granola are good choices.
  - **Consume water!** You will need drink 8oz for every 15 minutes of activity.
- For a tournament or other multi-day event, the above guidelines still apply, you just have to plan ahead!

Post Game Fluids:

- Restore fluid deficits within 1-2 hours after exercise
- 125-150% of your fluid losses should be regained over a period of 4-6 hours after exercise.
- An easy way to estimate this is to drink 8 ounces of fluid for every 15 minutes of activity.
# Eat the Rainbow

<table>
<thead>
<tr>
<th>Color</th>
<th>Foods</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Tomatoes, watermelon, guava</td>
<td>Lycopene: antioxidant</td>
</tr>
<tr>
<td>Orange</td>
<td>Carrots, yams, mangos, pumpkins</td>
<td>Beta-carotene: immune system</td>
</tr>
<tr>
<td>Yellow-orange</td>
<td>Oranges, lemons, papayas, peaches</td>
<td>Vitamin C: detoxify harmful substances</td>
</tr>
<tr>
<td>Green</td>
<td>Spinach, kale, collards</td>
<td>Folate: builds healthy cells</td>
</tr>
<tr>
<td>Green-white</td>
<td>Broccoli, Brussels sprouts, cabbage</td>
<td>Indoles, lutein: eliminate carcinogens</td>
</tr>
<tr>
<td>White-green</td>
<td>Garlic, onions, chives, asparagus</td>
<td>Allyl sulfides: destroy cancer cells</td>
</tr>
<tr>
<td>Blue</td>
<td>Blueberries, plums</td>
<td>Anthocyanins: destroy free radicals</td>
</tr>
<tr>
<td>Red-purple</td>
<td>Grapes, berries</td>
<td>Resveratrol: decrease estrogen</td>
</tr>
<tr>
<td>Brown</td>
<td>Whole grains, legumes</td>
<td>Fiber: carcinogen removal</td>
</tr>
</tbody>
</table>

- Choose foods of different colors
- Make your plate colorful.
- Choose different foods
- Avoid food ruts. Try something new every week