

# Game Day Nutrition

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# Faculty Disclosure

In compliance with ACCME Guidelines, I hereby declare:

I do not have financial or other relationships with the manufacturer(s) of any commercial services(s) discussed in this educational activity.

# Game Day Nutrition: Pre-Game Meal

## Keys to Success:

- ✓ 3-4 hours prior containing complex carbs, lean protein, & low/moderate fat
- ✓ 20-30 minutes timeframe
- ✓ Should contain Salt &/or Salty Foods
- ✓ Hydrating fluids
  
- ✓ No High Fiber foods (broccoli, cabbage, cauliflower, onions)
- ✓ No High Fat foods
- ✓ No New Foods
- ✓ Spicy Foods
- ✓ Raw Fish
- ✓ Energy drinks

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WHY?

# Game Day Nutrition: Pre-Game Meal

Keys to Success:

- ✓ 3-4 hours prior (containing complex carbs, lean protein, & low/moderate fat)
  - ✓ Minimize stomach distress
  - ✓ Allow time to excrete excess fluids before competition
  - ✓ Allow time for digestion/absorption



# Game Day Nutrition: Pre-Game Meal

Keys to Success:

- ✓ 20-30 minutes timeframe
  - ✓ Avoid poor digestion & GI distress



# Game Day Nutrition: Pre-Game Meal

Keys to Success:

- ✓ Proper Hydration
  - ✓ 20 oz. hydrating fluids @ pre-game meal



It's not about just water! Proper Hydration includes hydrating fluid + carbs + electrolytes

- ✓ Should contain Salt &/or Salty Foods

# Game Day Nutrition: Pre-Game Meal

Keys to Success:

- ✓ No High Fiber foods (broccoli, cabbage, cauliflower, onions)





# Game Day Nutrition

Keys to Success:

- ✓ No High fat foods: fried foods, creamy sauces, butter, etc.
  - ✓ Fat takes an average of 5 hours to digest, leading to reduced performance at game time
  - ✓ Fat increases inflammation in the body leading to increased risk for injury
  - ✓ Fat displaces carbohydrates needed for game time performance. (1 gram carbohydrate per pound body weight)



# Game Day Nutrition: Pre-Game Meal

Keys to Success:

- ✓ No New Foods
- ✓ Spicy Foods
- ✓ Raw Fish
- ✓ energy drinks



# Game Day Nutrition: Pre-Game Meal

Limitations to Success:

- ✓ Timing
- ✓ Finances
- ✓ Tradition
- ✓ Athlete “Nerves”

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✓ **Timing**

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# Game Day Nutrition- Timing

<u>Time Prior to Competition</u>	<u>Recommended Food or Liquids</u>
30 minutes–1 hour	Mostly liquids
1–2 hours	Small snack and liquids
2–3 hours	Small meal and liquids
3–4 hours	Moderate-size meal and liquids

1-2 g CHO/kg body weight <1 hour out

•60 kg athlete: 60-120 grams of carbohydrate

2-3 g CHO/kg body weight 2 hours out

3-4 g CHO/kg body weight 3 hours out

4-5 g CHO/kg body weight 4 hours out

•60 kg athlete: 240-300 grams of carbohydrate

# Game Day Nutrition- Timing

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30 minutes–1 hour	Mostly liquids
1–2 hours	Small snack and liquids
2–3 hours	Small meal and liquids
3–4 hours	Moderate-size meal and liquids

## Early Morning Competition (8am):

**Snack before bed:** 1 big bowl of cereal/milk + a banana + 16 ounces water

**Light breakfast:**(1–2 hours before competition): 1 whole grain bagel/peanut butter + 16 ounces water OR liquid meal-replacement shake/smoothie

# Game Day Nutrition- Timing

## **Mid-day Competition (3pm):**

**Breakfast (8am):** Scrambled eggs + 1–2 slices whole wheat toast with light margarine or butter and jelly or honey + 1 fresh melon or berry cup + 1–2 cups skim milk + 1–2 cups cranapple or orange juice

**Light lunch (12pm):** 4- 6 oz. Turkey/ Chicken/ Pork loin, 1 cup rice + apple + 1 granola bar + 16 ounces water

**Booster snack (2pm):** ½ of a sports bar + 1–2 cups sports drink/water

## **Warning Poor pre-exercise fuel options:**

- fried foods..high-fat meats ..creamy sauces, ..soups, or gravy/ creamy dressings (e.g. ..Ranch or mayonnaise),biscuits..,spicy foods.., entree salads.., cakes, pies, ice cream, sugary cereals.., soda.., whole milk.., foods you have never tried before!

# Game Day Nutrition-Timing

## Evening Competition (7pm):

**Breakfast (8am):** Scrambled eggs + 1–2 slices whole wheat toast with light margarine or butter and jelly or honey + 1 fresh melon or berry cup + 1–2 cups skim milk + 1–2 cups cranapple or orange juice

**Lunch (12pm):** 4- 6 oz. Turkey/ Chicken/ Pork loin sandwich, apple, Gatorade, string cheese or nuts

**Light Dinner (4pm):** 4-6 oz. grilled chicken breast, 2 cups pasta with marinara, dinner roll, corn, water

**Booster snack (6pm if needed):** trail mix + 1–2 cups sports drink/water



# Game Day Nutrition-Timing

## Evening Competition (7pm):

**Light Dinner (4pm):** 4-6 oz. grilled chicken breast, 2 cups pasta with marinara, dinner roll, corn, water



### Grab N Go:

- ✓ Smoothie: oats, peanut butter, banana, almond milk
- ✓ Burrito: rice, chicken, tomatoes, lettuce, guacamole
- ✓ PBJ x 2, piece of fruit, drink
- ✓ Breakfast bowl: scrambled eggs, hashbrowns, turkey sausage, grits/oats, water
- ✓ Subway 7 under 7, apple & gade
- ✓ Taco Bell chicken soft tacos
- ✓ Gas Station fruit & sandwich

# Game Day Nutrition: Pre-Game Meal

Limitations to Success:

- ✓ Timing
- ✓ **Finances**
- ✓ Tradition
- ✓ Athlete “Nerves”

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Limitations to Success:

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Go Local!

- ✓ Local restaurants
- ✓ Local Grocery Stores
- ✓ Shop Bulk
- ✓ Parents!

# Game Day Nutrition: Pre-Game Meal

Limitations to Success:

- ✓ Timing
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- ✓ **Tradition**
- ✓ **Athlete “Nerves”**

# Game Day Nutrition: Pre-Game Meal

## Limitations to Success:

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## Education:

- ✓ Replenishing glycogen stores before competition increases performance by 11%
- ✓ Dehydration decreases speed by 8%
- ✓ High Fat meals decrease performance
- ✓ & increase inflammation
- ✓ Quality carbohydrates and lean proteins will be fully digested in 2-3 hours

# Game Day Nutrition- Game Time

Carbohydrates during competition:

- May enhance performance in prolonged aerobic exercise
- Maintains blood glucose
- Provides energy to muscles
- Reduces ratings of perceived exertion
- About every 15-20 minutes
- Approximately 1 gram per minute, or about 60 grams an hour

# Some general recommendations

Maximal exercise lasting less than 45 minutes	None required
Maximal exercise lasting about 45-60 minutes	Less than 30 grams/hour
Team sports lasting about 90 minutes	Up to 50 grams/hour
Submaximal exercise lasting more than 2 hours	Up to 60 grams/hour
Near-maximal & maximal exercise lasting more than 2 hours	Up to 50-70 grams/hour
Ultraendurance events	60-90 grams/hour

# Game Day Nutrition- Game Time

## Multiple Events:

- ✓ Consume 1 gram/kg body weight immediately after first event
- ✓ Repeat 2 hours prior to the second event
- ✓ May also consume carbohydrate immediately before and during the second event



# Game Day Nutrition- Post Game

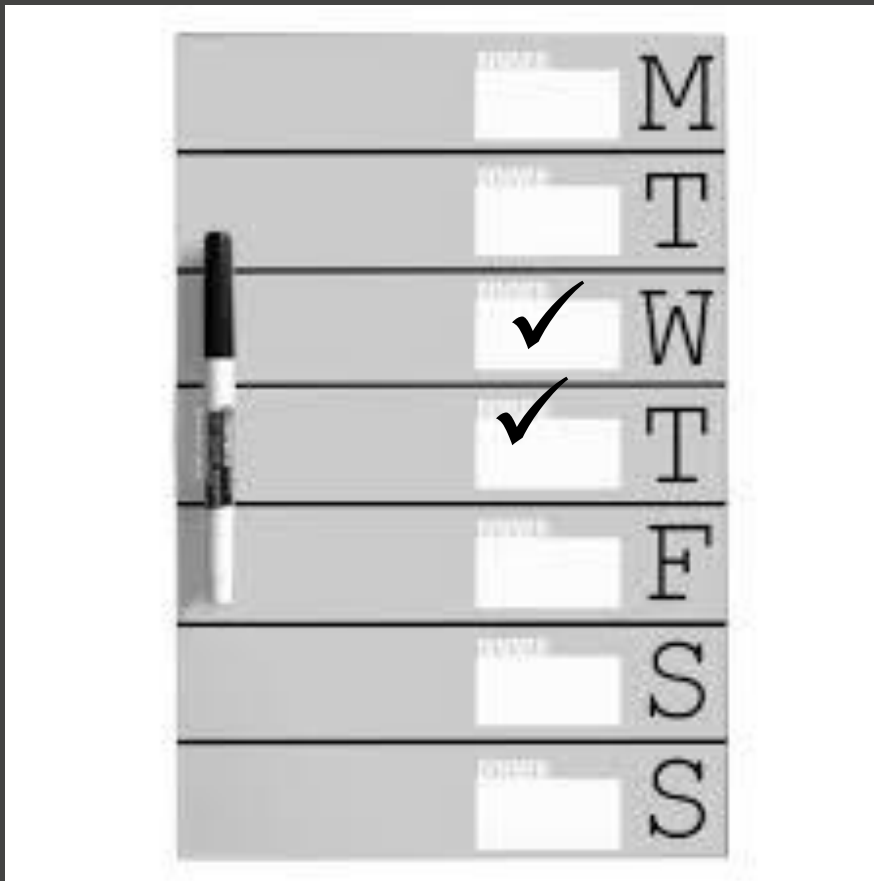
## Post-game meals:

- ✓ include a combination carbohydrate-protein snack within 30 minutes of the completion (3-4:1 ratio)
- ✓ full meal within 2 hours.

## *Examples:*

- ✓ Snacks: wheat crackers & cheese, apples & peanut butter, granola bar, or trail mix (dried fruit, breakfast cereal and nuts)
- ✓ Post-game meals: pasta with meat sauce, PB&J, cheese/veggie pizza slice, lean meat sandwich or “wrap” style sandwich, Oregano Chicken, Fish Tacos, Slow Cooker Minestrone – (all with milk & fruit).

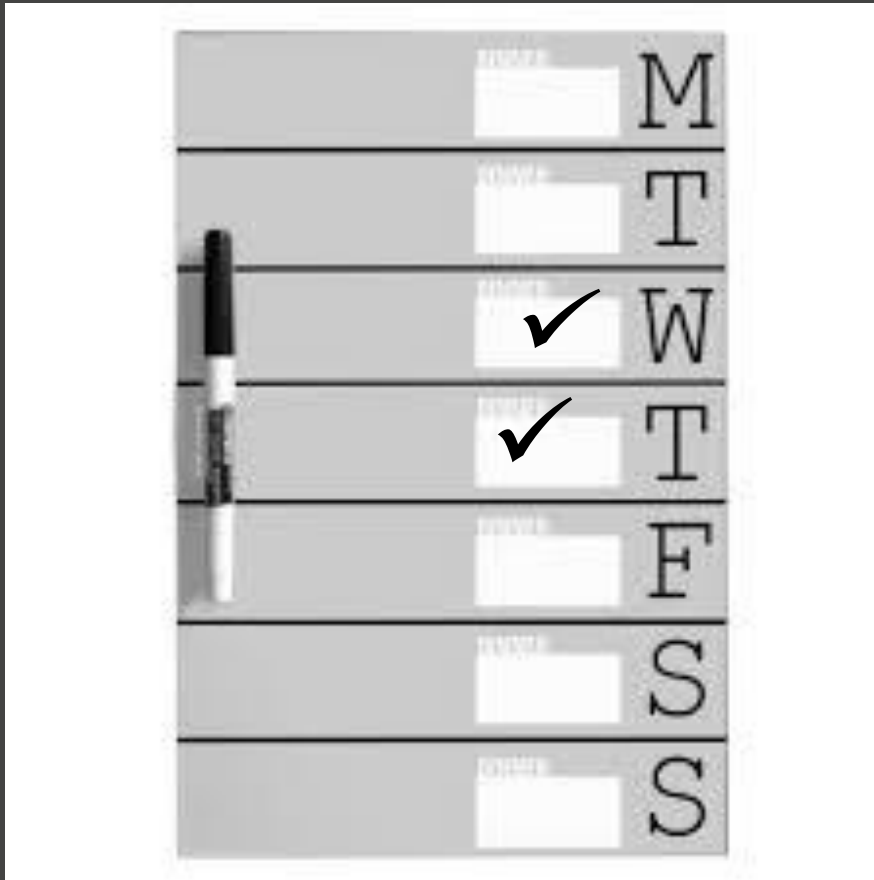
# Game Day Nutrition- Not Just 24 hours



1-2 days prior:

- ✓ Research indicates a high fat diet 1-2 days prior to high intensity exercise tasks may IMPAIR performance & cognitive function.
- ✓ Diets greater than 35% total fat are not recommended due to displacing carbohydrate needs, GI distress, and inflammation.

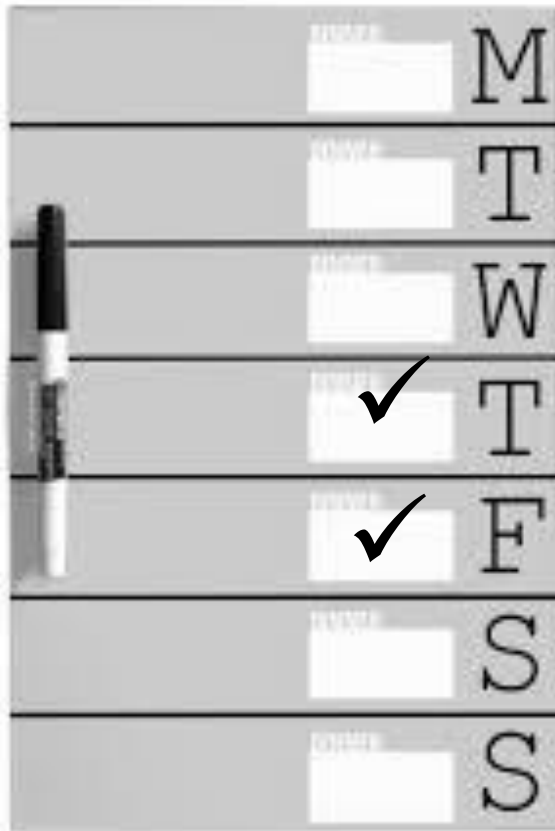
# Game Day Nutrition- Not Just 24 hours



1-2 days prior:

- ✓ Low carbohydrate stores lead to muscle fatigue and slower sprint speeds.
- ✓ Only 20-40% of carbohydrates used during the game are from Gameday meals, the rest are from storage in liver and muscle.
- ✓ Average 200# player needs: 600-900 grams CHO/day leading up to game day to ensure proper nutrient storage

# Game Day Nutrition- Not Just 24 hours



Thursday night: Popeye's Chicken- 3 piece fried chicken meal with red beans & rice & 2 biscuits

30% Carbs, 18% Protein, **58% Fat**

Friday AM: Krispie Kreme Donuts- 2?

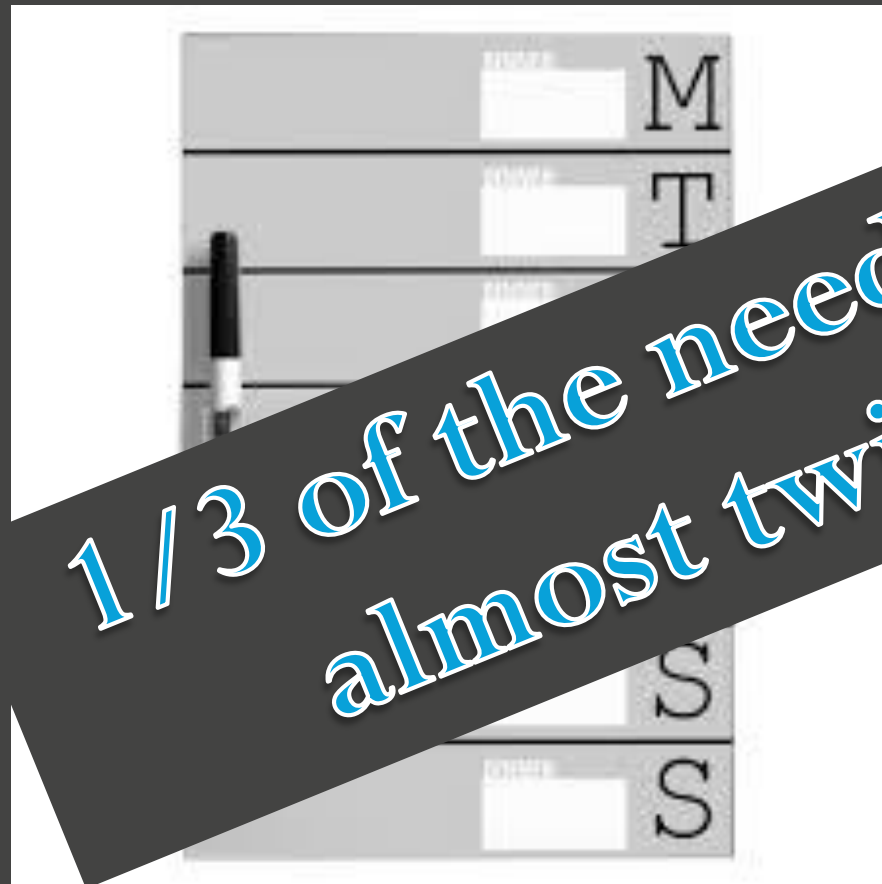
44% Carbs, 4% Protein, **52% fat**

Friday Mid-day mid-afternoon: Chick-Fil-A

3% Carbs, 29% Protein, **43% fat**

Pre-Game Meal: lasagna 16% Carbs, 42% Protein, **35% fat**

# Game Day Nutrition- Not Just 24 hours



**1/3 of the needed carbs, &  
almost twice the fat!**

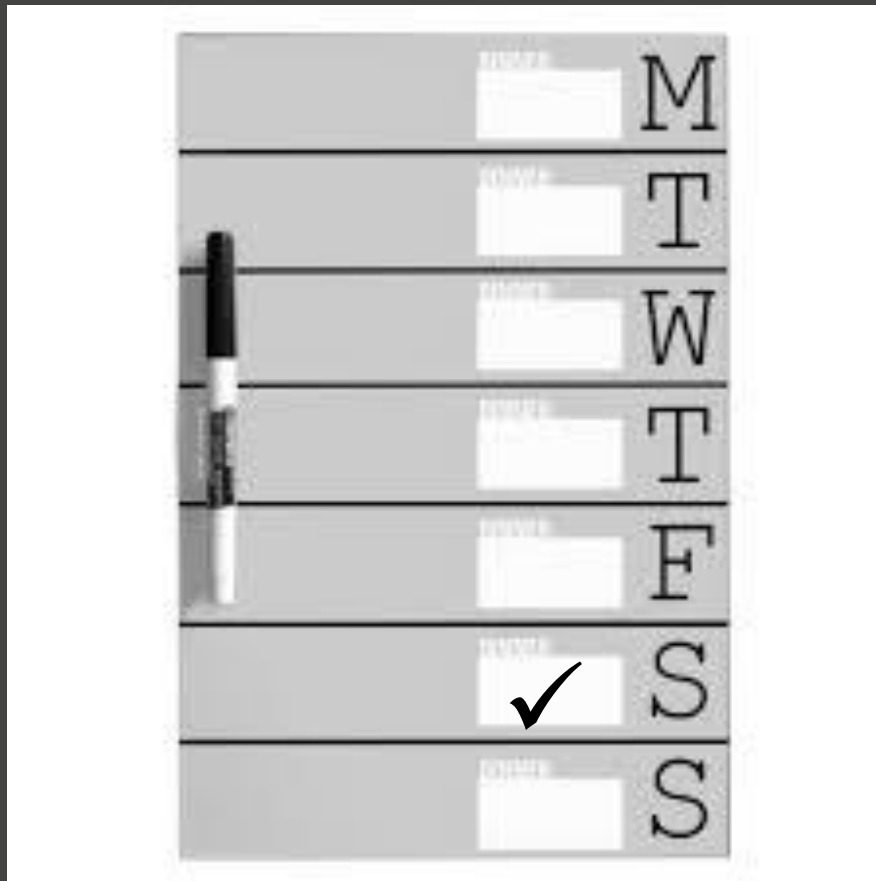
Thursday night  
fried

Donuts- 2?  
52% fat

Friday mid-afternoon: Chick-Fil-A  
3% Carbs, 29% Protein, 43% fat

Friday night Meal: lasagna 16% Carbs, 42%  
Protein, 35% fat

# Game Day Nutrition- Not Just 24 hours



## Injury & Inflammation Recovery Day

- ✓ **Food Frequency.** Eat every 3-4 hours.
- ✓ **Protein.** Each meal/snack should contain lean meats, lean dairy, eggs, or protein supplements (if whole food is unavailable)
- ✓ **Vegetables & Fruit.** Each meal/snack should contain 1-2 servings veggies and/or fruit .
- ✓ **Starches.** Whole oats, yams/sweet potatoes, beans & legumes, whole grain rice, quinoa, etc.
- ✓ **Fats.** Eat at least 2-3 healthy fats each day: avocados, olive oil, mixed nuts, fatty fish (such as salmon), flax seeds/ flax oil.
- ✓ **Including anti-inflammatory foods.** Curry powder/turmeric, garlic, pineapple, cocoa, tea, blueberries,

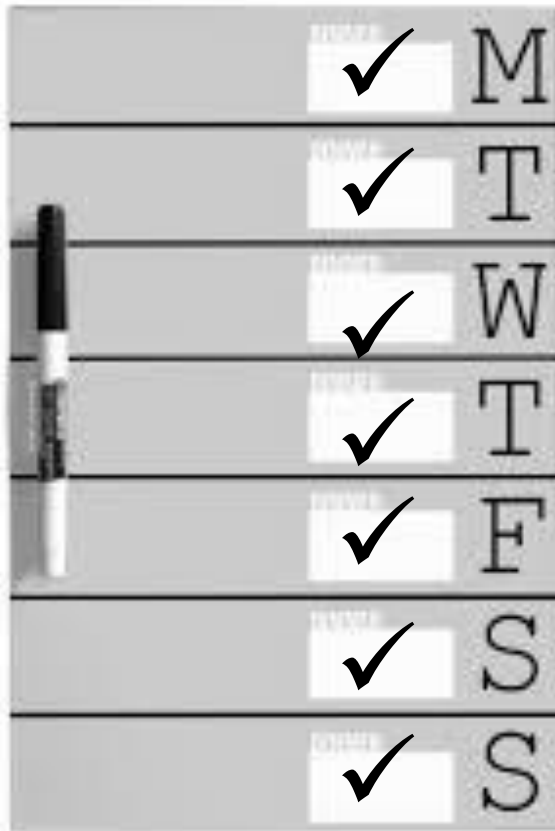
# Game Day Nutrition- Not Just 24 hours



## **Injury & Inflammation Recovery Day**

- ✓ **Including anti-inflammatory foods.**  
Curry powder/turmeric, garlic, pineapple, cocoa, tea, blueberries, salmon, berries, beets, tart cherries, low fat dairy

# Game Day Nutrition- Not Just 24 hours



## Every Day!

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