

Guidelines for GAME-DAY NUTRITION

These figures are not specific to every athlete. If your child has a problem consuming that much food, or feels 'bloated' or 'water logged' feel free to cut back on the amounts. For your meal the night before follow the same guidelines applied to four hours prior to competition.

Carbohydrate (CHO):

- Four hours before a game you should eat 4 grams of CHO to every kilogram of body weight.
- Two hours before you should eat 3 grams of CHO to every kilogram of body weight.
- To calculate your body weight in KG. Take your body weight in pounds and divide by 2.2. For example if you weight 220 pounds you weigh 100 kilograms.
- Stay away from fats as much as possible four hours before competition (No alfredo or fried foods)

The following foods have approx. 30 grams of CHO per serving (it is easy to reach your CHO need)

- One-half of a bagel.
- Two slices of bread.
- Two-thirds of a cup of rice.
- One cup of cooked pasta
- One-half of a large baked potato, or one cup of mashed potatoes.
- One and one-half cups of dry, unsweetened cereal.
- One cup of oatmeal.
- One large banana.
- One cup of applesauce.
- One large pear.
- One cup of canned fruit.
- One cup of apple, grapefruit, pineapple or orange juice

Water

- You should drink at least 16 ounces three hours before competition starts
- Drink an additional 8 ounces an hour before competition starts
- After competition drink 16 ounces of water for every pound lost (drink a lot of water)

Post Competition:

- Consume a 2:1 ratio of CHO to protein within 15 minutes of the competition being over.
 - Good example is Chocolate Milk
- Within two hours eat a meal consisting of 60% CHO 20% protein and 20% fat.
 - An example of this would be granola with yogurt, Peanut Butter and Jelly sandwich, Orange juice.

* The dietary information contained in this document is a suggested guideline. Rob Takeno is not a registered dietician prescribing a diet plan.