



Game Day Nutrition

2016 - 2017

Game Day Fundamentals



Carbohydrates are the key ingredient for both training days and match days; however key game day nutrition starts a couple of days before. By eating well and regularly in the days leading up to a match, performance may be improved. In many ways game day nutrition is similar to a normal training day; regular meals and snacks, maintaining adequate hydration and to use familiar foods.

Meal Timings



1pm Kickoff



2:30pm Kickoff



5:30pm Kickoff



7:30pm Kickoff

Breakfast	7 – 8.30am	Breakfast	7 - 9am	Breakfast	8 – 10 am	Breakfast	8 – 10 am
Pre Match Meal	10.30 – 11 am	Pre Match Meal	11.30 am	Lunch	12 pm	Lunch	1 pm
Pre Match Snack	12 pm	Pre Match Snack	1.30 pm	Pre Match Meal	2.30 pm	Pre Match Meal	3.30 – 4.30 pm
				Pre Match Snack	4.30 pm	Pre Match Snack	6.30 pm

These times are given as a guide only, they may not suite everyone and those with a reduced appetite may not be able to consume this amount of food. ***It is important to develop a strategy that works and feels good for you.*** Your food intake on game day should provide you with ample energy during your game, curb hunger and avoid feelings of bloatedness while playing.

Breakfast

Breakfast is vital to start fuelling for the race, avoid getting up too late and skipping breakfast. Choose familiar breakfast options and look to add slightly bigger portions or an extra option of toast or yoghurt with fruits. Avoid too much protein (eggs, bacon, lean meat) at the expense of carbohydrate (breads, cereals etc.) as they should be your priority on game day.



Lunch

Lunch may become the pre match meal depending on game time; however, for later events, lunch is vital in the fuelling up process. Missing your pre game meal can significantly impair your ability to perform. Try to include options that are high in carbohydrates with some protein. Adding a juice or sports drink may add extra fuel without making you feel full



Snacks

Snacks can provide a light fuel burst between meals; depending on how tight time is between meals, it may not always be possible to get certain snacks in. However snacks can also come in liquid form, which can be ideal for race days and be easily digested



Pre Match Meal

The Pre Match Meal is your last opportunity to top up prior to competition, it is not a magic bullet that will undo days of bad eating, but it will provide you the best opportunity to perform;

- ✓ Always choose foods that are familiar to you and you know you tolerate well – never experiment
- ✓ Find a routine that works well for you, so you are confident your nutrition is controlled
- ✓ If you are nervous and have a low appetite, make the most out of liquid meals, smoothies, soups, flavoured milks, juices & sports drinks. Soft breads and cereals can also be an option
- ✓ Similar to other meals choose good sources of carbohydrates and don't over do protein

Hydration

Stay Hydrated by drinking with all meals + sip on a bottle between meals. Aim to consume **3+ Litres per day of fluids:**

- ✓ Check the colour of your urine, it should be clear and the amount plentiful
- ✓ Top up for a sports drink in the hour leading into the training or game, a quick fuel boost will help you and keep you well hydrated
- ✓ Drink consistently when you have breaks – on the chair and at the top of runs
- ✓ Try to drink 1-2 cups (250-300ml) at any break opportunity to all replacement of lost fluid while training

The above ideas are simply suggestions. The amounts and types of food may not sit well with everyone, it is important to find and stick to a strategy that works well for you.

Carbohydrates

Carbohydrates (CHO) are your muscles energy source – they are the fuel that keeps you going. CHO's are recognized as either complex carbohydrates starches (such as cereals, bread, pasta and vegetables) or as simple carbohydrates (such as fruits, candy, jams and desserts). As CHO's are digested they are broken down and stored as glucose within your body. The energy your body is able to extract from the CHO is directly related to its composition, and such it is important to know what type of CHO to eat, when to eat it and how much to eat.

	SITUATION	CHOg/kg/BW/Day
General Guidelines	Hard Training	6-8 g/kg/BW
	Light Training	4-6 g/kg/BW
	Pre Race Day	6-10 g/kg/BW
Speedy Refuel	Demanding Workouts OR back to back events	1-1.2 g/kg/BW after (may also include recovery snack)
Pre-Race/Training	Before Event	1-4 g/CHO/kg 1-4 hours prior
During Race/Training	Moderate Demands	30-60 g/hour

LOW GI (COMPLEX CHO)	HIGH GI (SIMPLE CHO)
Consume 3-4 hours prior to an event	Consume within 30 minutes of an event
Whole wheat Pastas	Banana
Cous cous	Dried Fruit
Multigrain Bread	Jelly
Sweet Potatoes/Yams	Fig Newtons
Wild rice/brown rice	Honey Sandwich
Porridge Oats/Wholegrain Cereals	Fruit Juice

**A food is considered LOW GI which less than 50% of the total CHO contents are sugar

Foods containing 30g of Carbohydrate			
Food	Amount	Food	Amount
Grains		Dairy	
Bagel	½ bagel	Milk (regular) ^P	2 cups
English muffin	1	Milk chocolate ^P	1 cup
Whole wheat bread	1.5 slices	2% Greek Yogurt ^P	½ cup
Pancakes	2 (3" diameter)	Beverages	
Wholewheat wrap	1 small	Sports Drink ^P	500mls
Rice, cooked*	½ cup	Orange or apple juice ^P	1 cup
Quinoa cooked	½ cup	Cranberry cocktail ^P	1 cup
Pasta, cooked *	1 cup	Sports Bars	
Cereal, hot/cooked	1 cup	Elevate Me bar	1 bars
Cereal, cold	¾ cup	Powerbar Energize bar	1 bar
Granola	½ cup	Fruit & Vegetables	
Granola Bar e.g. Kashi	1 bar	Fruit smoothie ^P	1 cup
Crackers	5 squares	Fresh whole fruit	2 pieces
Additional items		Banana	1 small
Honey	1 tablespoon	Fruit canned	1 cup
Jam/Jelly	1 tablespoon	Raisins, dried apricots	1/3 cup

^P Also contributes to replenishment of fluids

^P Considered a high protein option which will contribute to protein needs – see below

Protein

Proteins are the building blocks of your cells – they repair damaged tissue, and help build new tissue. Consuming protein is essential from a recovery standpoint; when protein is consumed following training to aids in muscle repair and healing. Protein is essential to youth athletes as it is also a large contributor for growth and development within the body. Depending on how much your train – your need for protein may be elevated

Type of Athlete	Exercise Level	Amount of Protein
Non Athlete	< 2 days/week 30-60min	0.8 g/kg/BW
Recreational to Amateur	3-4 days/week 30-60min	1.0 g/kg/BW
Elite Athlete	5-7 days/week @ 60min+	1.3-1.7 g/kg/BW

Foods containing 20g of Protein			
Food	Portion	Food	Portion
Dairy		Meat	
Egg whole	3 eggs	Chicken breast	3oz.
Low fat Cottage cheese	¾ cup	Turkey breast slices	3oz. (3 slices)
Plain yogurt	1.5 cups	Turkey breast ground	3oz. (¾ cup cooked)
Greek yogurt	¾ cup	Ham	3 - 3.5oz. (3 slices)
Milk	2.5 cups	Tuna (canned)	3oz. (1 small can)
Chocolate milk	2.5 cups	Ground beef/bison	3.5oz. (¾ cup cooked)
Approved Sports products*		Roast beef	3oz.(3 slices)
Whey protein Isolate	¾ scoop	Pork	4oz. (deck of cards)
Generic recovery supplement	Check serving size	Steak	4oz. (deck of cards)
		Salmon fillet	4oz. (deck of cards)
		Salmon canned	4oz. (deck of cards)
		White fish fillet	4oz. (deck of cards)

Dietary Fats

Proper nutrition comes from eating a balanced diet, filled with carbohydrates to burn while training, proteins to aid in recovery and complementary ‘good fats’ which provide anti-inflammatory properties; allow absorption of essential nutrients (Vitamin A, D and E), as well as support long term sustainable energy. Fats are not created equal and it is necessary to understand the differences between ‘good’ and ‘bad’ fats and how you can incorporate them into your daily eating plan.

- ✓**GO Good Fat – Not NO Fat** – ensure fats are counting for 20-30% of total daily calories (10% monounsaturated, 10% polyunsaturated and no more than 10% saturated fats, no trans fat)
- ✓**Replace Saturated and Trans Fats with Good Fats** – for example, replace some red meats with beans and legumes and replace butter with olive oil.
- ✓**Limit Saturated Fats** –lean cuts of meat and more chicken or fish (reduce intake of red meat), bake, boil and grill instead of frying, choose low fat dairy products, use liquid vegetable oils and avoid cream or cheese sauces
- ✓**Eliminate Trans Fats** – they are manufactured fat molecules that are less likely to spoil (good for food manufactures, bad for you), avoid pre packaged foods, commercially baked foods, snack foods and fried foods

Types of Dietary Fats

GOOD Fat		VS.	BAD Fat	
<u>Monounsaturated Fat</u>	<u>Polyunsaturated Fat</u>		<u>Saturated Fat</u>	<u>Trans Fat</u>
✓Olive Oil	✓Soybean Oil		✗High Fat cut of meat	✗Commercially backed pastries, cookies, doughnuts, cake, muffins, pizza dough
✓Canola Oil	✓Corn Oil		✗Chicken with skin	✗Packages snack food
✓Sunflower Oil	✓Safflower Oil		✗Whole fat dairy	✗Stick margarine
✓Sesame Oil	✓Walnuts		✗Butter	✗Vegetable Shortening
✓Peanut Oil	✓Sunflower, sesame, flax seeds		✗Cheese	✗Fried Foods
✓Avocadoes	✓Fatty Fish		✗Ice Cream	✗Candy Bars
✓Olives	✓Tofu		✗Palm & Coconut Oil	
✓Nuts	✓Soymilk		✗Lard	
<p>✓ Good Fat as they provide energy, are good for the heart and lower cholesterol. Appear as liquid at room temperature.</p>			<p>✗ Bad Fat as they increase risk of disease and increase cholesterol. Appear as solid at room temperature.</p>	

Get More Unsaturated Fats

Cook with olive oil. Use olive oil for stovetop cooking, rather than butter, stick margarine, or lard. For baking, try canola or vegetable oil.

Eat more avocados. Try them in sandwiches or salads or make guacamole. Along with being loaded with heart and brain-healthy fats, they make for a filling and satisfying meal.

Reach for the nuts. You can also add nuts to vegetable dishes or use them instead of breadcrumbs on chicken or fish.

Snack on olives. Olives are high in healthy monounsaturated fats. But unlike most other high-fat foods, they make for a low-calorie snack when eaten on their own. Try them plain or make a tapenade for dipping.

Dress your own salad. Commercial salad dressings are often high in saturated fat or made with damaged trans fat oils. Create your own healthy dressings with high-quality, cold-pressed olive oil, flaxseed oil, or sesame oil.



How Much Fat? Serving Suggestions

1 Serving of Fat = 45 calories, 0 g carbohydrate, 0 g protein, 5 g fat

Fats should make up 20-30% of daily calories, and is based on the amount of food consumed/day:

2000 Cal/day = 65 total fat grams

2500 Cal/day = 80 total fat grams

Monounsaturated Fats:

1/8 an avocado

1 tsp. of Oil (Olive, Canola, Sunflower)

8 Olives

1/2 ounce of nuts

Polyunsaturated Fats:

1 tsp. of Oil (Soybean, Safflower, Corn)

1 tbsp. Sesame or Flex seeds

4 ounce serving of Fish

4 Walnuts

Omega-3's: 1-3 grams per day of EPA and DHA (1 gram = 1,000 milligrams); when injured (3,000 milligrams)

Recovery Essentials

0.5 – 1.5 g per kg of
body weight of
CARBOHYDRATE



0.3 g per kg of
body weight of
PROTEIN



FLUIDS
+
SALT



RECOVERY

- ✓ Co-ingestion of Carbohydrates and Proteins has been shown to further increase muscle glycogen synthesis following exercise.
- ✓ Rates of muscle glycogen synthesis are highest when recovery food is eaten within the first 30 minutes of the end of training or races.
- ✓ Depending on exercise intensity, it can take up to 24 hours to replenish muscle glycogen stores – keep this in mind for double days!



Example Calculations for Individual Recovery Needs


A 65kg athlete has been skiing all day (8am – 3pm). After a short break for lunch at noon and a few hours until dinner, they know they must refuel for race day tomorrow.

65 (kg) x 1 (g) Carbohydrate = 65g Carbohydrate + 65 (kg) x 0.3 (g) Protein = 19.5g Protein

This athlete needs to consume 65g of CHOs and 20g of protein to meet the recovery needs following training. Choosing 2 x 30g portions of CHO's and 1 x 20g proteins from the listed foods can do this.

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(a)  +  X 3 = 60g carbohydrate + 20g protein

(b)  = 50g carbohydrate + 20g protein

(c)  +  +  = 65g carbohydrate + 25g protein
¾ scoop

The above ideas are simply suggestions. The amounts and types of food may not sit well with everyone, it is important to find and stick to a strategy that works well for you.