

PERFORMANCE NUTRITION

PLAY OF THE DAY:

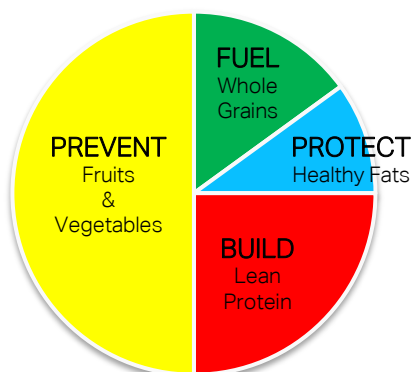
PLANNING FOR PERFORMANCE

(PRE-GAME NUTRITION)

As an athlete, you want to be able to perform to the best of your ability each and every game. To do so, that takes focused and strategic pre-game planning, especially when it comes to nutrition.

2 - 3 hours pre-game:

- + Eat a performance meal (see below) that includes high-quality food sources of **FUEL** (carbohydrate), **BUILD** (protein), **PROTECT** (healthy fats) & **PREVENT** (fruits & vegetables)
- + Drink 1 – 2 cups of **water**



0 - 1 hour pre-game:

- + Snack on a source of **FUEL** (carbohydrate) within 1 hour of game time
 - ✓ Fruit, yogurt, bread, granola bar, dry non-sugared cereal, trail mix
- + Drink 1 cup of **water**

Note:

Pre-game supplementation should only be used as prescribed by an expert. Consult a Sports Dietitian to find out more.

Performance Meal: **Chicken, Quinoa & Sauteed Vegetables**



Source of **BUILD**

- ✦ Season and roast chicken breast in oven for 15 – 20 minutes at 400°F. When cooked through, slice into finger length portions.

Source of **FUEL**

- ✦ Bring pot of water to boil and add quinoa. Reduce heat, cover, and simmer for 15 minutes.

Source of **PROTECT & PREVENT**

- ✦ Lightly sauté chopped vegetables in olive oil over low-medium heat until tender.

Combine all cooked ingredients into a bowl or on a plate and enjoy!

Eat Like the Pro's Eat!

One of LeBron James' favorite pre-game meals is salmon with grilled pineapple, a side of brown rice and a spinach side salad.

EVERY DAY IS GAME DAY.

EXOSTM

Call Mayo Clinic Sports Medicine Center to book a nutrition appointment:
507-266-9100