

EXOS NUTRITION FOR... BASKETBALL PERFORMANCE

SET YOURSELF UP FOR A SUCCESSFUL PERFORMANCE ON THE COURT BY FOCUSING ON YOUR PLATE. NUTRITION PLAYS AN ESSENTIAL ROLE IN YOUR PERFORMANCE. IMPLEMENT THE FOLLOWING INTO YOUR GAME DAY ROUTINE:

PRE-GAME NUTRITION

1. EAT A WELL-BALANCED MEAL THAT INCLUDES A CARBOHYDRATE, PROTEIN AND FRUIT OR VEGETABLE 2 - 4 HOURS BEFORE TIP-OFF
2. DRINK 12 - 24 oz OF WATER 2 - 4 HOURS BEFORE TIP-OFF
3. EAT A LIGHT, HEALTHY SNACK 1 HOUR BEFORE TIP-OFF
4. DRINK 6 - 8 oz OF WATER 1 HOUR BEFORE TIP-OFF

EXPERT TIP

FOR BREAKFAST, A GREAT CHOICE WOULD BE LOW-FAT GREEK YOGURT WITH FRESH BERRIES AND A SPRINKLE OF GRANOLA

DURING-GAME NUTRITION

1. TAKE A SIP OF WATER EVERY BREAK AND AT HALF-TIME
2. CONSUME A CARBOHYDRATE SOURCE (SNACK OR SPORTS DRINK) AT HALF-TIME

EXPERT TIP

OPTIMAL HALF-TIME SNACKS INCLUDE ORANGES, BANANAS, GRANOLA BARS & SPORTS DRINKS

POST-GAME NUTRITION

1. EAT A HEALTHY SNACK WITHIN 30 MINUTES OF FINISHING GAME
2. DRINK 20 oz OF WATER FOR EVERY 1 lb OF WEIGHT LOST
3. EAT A WELL-BALANCED MEAL THAT INCLUDES A CARBOHYDRATE, PROTEIN AND FRUIT OR VEGETABLE 1 - 3 HOURS AFTER GAME
4. CONTINUE TO DRINK WATER THE REST OF THE DAY

EXPERT TIP

CHOOSE SNACKS SUCH AS CHOCOLATE MILK, PROTEIN BARS, FRUIT & GREEK YOGURT, PB & J SANDWICH, DRY CEREAL OR TRAIL MIX

FOR MORE NUTRITION INFORMATION CONTACT **EXOS**
AT MAYO CLINIC SPORTS MEDICINE

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