

# **BISHOP KELLY ATHLETES - FUELING FOR SUCCESS**

## **DAILY INTAKE GUIDELINES (Training and Non-Game/Event Days)**

Eat at least 3 balanced meals per day

-Balanced means foods from a variety of food groups

-Each meal should have a minimum of 4 different food items in it

-Example: Bean burrito, salad, fresh peach and milk (this meal represent foods from all 5 food groups)

NEVER skip breakfast - it is the meal of champions!

Healthful snacks should be eaten throughout the day - fruit, yogurt, nuts, sandwich, or milk are good choices

Avoid fried foods, sugared drinks such as soda, candy, and processed foods whenever possible

Goal for approximate amounts to eat/drink each day - may need more or less dependent on your stature/size

8-10 servings of fruits and veggies (the more colorful, the better) - a serving is one small piece or 1 cup raw or 1/2 cup cooked

3 cups of low-fat or non-fat dairy foods - milk, yogurt, cheese, cottage cheese, ice cream/frozen yogurt/sherbet

6-10 servings of bread/grains/cereals with at least half being whole grains - a serving is 1 piece or 1/2 c

6-8 ounces of lean meat or meat alternatives - try to include nuts and/or legumes daily

Drink a minimum of 10 cups (80 oz) of fluids daily from a wide variety of sources such as water, milk, juice and limited sport drink

During practice, drink 4-6 oz of fluids every 15 minutes. Eat easily digested foods if hungry or energy level is low



## **PRE-GAME/EVENT OR PRE-INTENSE PRACTICE FUELING**

Eat a large meal (following guidelines above) 3-4 hours before your game/practice

Foods eaten prior to your games/practice should be high in carbohydrate, moderate in protein, low in fat, low in fiber

Consume familiar, quickly digested foods - examples may be toast with peanut butter, banana, yogurt and juice or a turkey sandwich, sun chips, apple and milk. DO NOT try new foods on game day!

Besides daily hydration, drink 2-3 cups of fluids 2-3 hours prior to the game/practice. Sip on water or sport drink the hour prior to start time

## **DURING GAMES/EVENTS**

A minimum of 1/2-3/4 cup (4-6 oz) fluid every 15 minutes during play is recommended to prevent dehydration.

Drink between events or during half time of games to make up this amount (4-6 oz every 15 minutes of play) with active play

Water or diluted (or full strength) sport drinks are appropriate to drink for endurance events

Eat an easily digested food during half time or between events only if you are hungry or your energy has diminished - try fruit or pieces of sport bar

## **POST-GAME REFUELING - Goal to restore muscle glycogen and hydration**

Directly after a game or event (15-30 minutes), consume a carb rich food/ drink. Ex- chocolate milk, banana, 1/2 sand, yogurt, 1 c sport drink

Continue to replace carbohydrates every 2 hours after a game or event

Experiment w/ weighing yourself pre & post games to know how much fluid is lost (1 pd of weight = 2 c of fluid) Replace all fluids lost - Light Urine!

## **TWO OR MORE GAMES IN ONE DAY**

Eat a small meal containing carbohydrate and protein (example - tortilla sandwich wrap, grapes and milk) if you have > 2 hours between games

If games are less than 2 hours apart, eat a snack containing mostly carbohydrates such as bagel, apple and chocolate milk

Be sure to follow post game refueling guidelines above after your first game and drink at least 1-1.5 cup (8-12 oz) fluids hourly between games