

# Inside an ATHLETE'S NUTRITION

**As an athlete, what you eat and drink will impact your ability to perform at your best.** There are some key nutrients and

foods to consider when you're in your peak season - for both pre-tournament nutrition and post-game rebuilding.

## Focus on healthy, energy-filled foods

like fruits, vegetables, some dairy products, lean meats and whole grains to fuel your body for optimal performance.

### Benefits to optimal fueling:

- Boosts energy during long tournaments
- Supports muscle recovery
- Increases concentration and reaction time
- Maximizes fuel quality
- Creates routine
- Prevents cramping

## LEADING UP TO GAME DAY

Leading up to game day, players need to stay hydrated by drinking plenty of water. Eating a diet high in carbohydrates and protein will provide the right fuel keeping energy levels up. Athletes should avoid new foods that might cause an upset stomach and avoid foods high in sugar that may prevent a good night's sleep.

## Eat Breakfast

Skipping breakfast puts a player into an immediate energy deficit, and the body will constantly try to catch up throughout the day.

## TOURNAMENT DAY FUELING

Athletes need smaller more frequent snacks vs. heavy full meals on game day. This prevents digestive fatigue and a potential energy or blood sugar crash on the court. Quick carbs, good hydration, electrolytes and low fat/fiber are good for pre-game and in between games.

### Protein

Chicken	Tofu
Turkey	Protein Bars
Bacon	Greek Yogurt
Ground Beef	Cottage Cheese
Fish	Whey Protein
Eggs	Legumes / Beans



### Carbs + Grains

Oats	Quinoa
Black Beans	Sweet Potatoes
Lentils	Whole Grain Tortillas
Apples	Whole Wheat Bread
Bananas	Whole Wheat Pasta
Rice	Vegetables & Fruits



### Fruits + Veggies

Broccoli	Celery	Kiwi
Carrots	Peas	Bananas
Cauliflower	Pears	Cherries
Cucumber	Plums	Grapes
Spinach	Apricot	Melons
Zucchini	Raisins	Oranges
Asparagus	Apples	Peaches



### Snacks

Mixed Nuts	Peanut Butter
Hummus	Almond Butter
Rice Cakes	Fruit & Berries
Seeds	Protein Shake
Veggies	Yogurt (with Fruit)
Applesauce	Cottage Cheese
Protein Bars	



### Healthy Fats

Olives	Cashews
Oils	Walnuts
Avocado	Almonds
Chia Seeds	Pecans
Cheese	Seeds
Omega-3 Fish	Peanut Butter



### Hydrating Fruits + Veggies

Watermelon	Tomatoes
Oranges	Spinach
Cantaloupe	Broccoli
Bell Peppers	Pineapple
Cucumbers	Celery
Strawberries	



# 4 PILLARS OF FUELING

## CARBS + GRAINS 40%

The body's main source of energy during exercise. Eating the right type delivers a constant source of energy during tournament play.

## LEAN PROTEINS 30%

Deliver amino acids for proper muscle recovery and stamina. Proteins are the building blocks for muscle growth and repair. Eating a protein-filled breakfast will provide players with the energy needed to demonstrate excellent performance on the court.

## HEALTHY FATS 30%

Unsaturated fats provide energy in long duration sports and are important for sustaining activity for long periods of time.

## FRUITS + VEGETABLES 4-5 Servings

Provide vitamins, minerals, fiber and antioxidants that are important for athletes. Fruits are easy to digest and can help to increase muscle glycogen (fuel) stores throughout the day.





## **ATHLETES SHOULD AVOID:**

- **High-fat foods:** potato chips, hot dogs, burgers, pizza, French fries and other fried or “heavy” foods
- **Nachos:** often a staple at concession stands
- **High-sugar foods:** candy bars, cookies, doughnuts
- **Carbonated** sodas and sugar
- **Energy Drinks:** these are not healthy sources of energy

**These foods will take longer to digest and may cause stomach discomfort.** They will not provide a player with energy during the competition and will have an adverse effect making a player feel sluggish. Foods and drinks high in sugar can cause glucose levels to dramatically drop, possibly mid-match, which will result in loss of stamina and natural energy.

## **HYDRATION**

**Drink BEFORE you are thirsty!** It's important to consume both water and electrolytes during and post play. Find a nutrient-rich replenisher that provides sodium, potassium and magnesium. **Eat foods packed with water content, vitamins and fiber to add to your hydration fuel.** Consume at least 100 oz. of water on game day. Focus on intake increments, such as 12 oz. before and between matches, 4 to 8 oz. mid-match, and 20 to 32 oz. post-match.



## **RECOVERY**

After the event, specific attention to your recovery is vital to maintaining peak performance and is accelerated by consuming a meal or snack with protein for muscle repair, carbohydrates for glycogen stores and fluid to replace sweat loss.

When several games are played in close succession, a recovery meal or snack should be consumed within 30 to 60 minutes of finishing matches to maintain optimal performance.

After an event, protein is most important for athletes. A suitable meal may include up to 50% protein. An example of post-tournament dinner may include:

- Chicken with rice and veggies
- Grilled salmon with baked potato and veggies



## **TRAVEL TIPS FOR HEALTHY EATING**

- **Have a plan!** Don't get caught with food that will not support your fuel needs.
- **Have a cooler or pack food** that is suitable at room temperature.
- **Know what appliances are available** in your hotel room.
- Team **dinner should support** optimal performance patterns.
- In the car during travel, keep bars, pretzels, crackers, jerky, etc. to maximize performance with consistent fueling. **Keep hydrated during the car ride.**

**STAY HYDRATED.**  
**STAY FUELED.**  
**STAY FOCUSED.**

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A NUTRITION GUIDE TO  
**POWER YOUR PLATE**  
FOR TOP PERFORMING ATHLETES

**FUEL YOUR BODY & SUPERCHARGE YOUR COURT PERFORMANCE**

**PURSUIT VOLLEYBALL**