



# GAME DAY SNACKS

This is a simple list for good snack choices for game days / travel weekends. Refer to Game Day Nutrition Guide for how to eat during the day and the 'why?' when making food choices.

## PRE-GAME:

To be consumed 1-2 hours before your game:

- Fresh Fruit, (Pineapple, Banana, Watermelon, Grapes) - Fruit Smoothie
- Cereal - Granola Bars -
- Rice cakes - Dried Fruit
- Water - Sports Drinks (Hypotonic)

## POST-GAME:

To be consumed post game (greater need if another game follows within a couple of hrs):

- Low fat chocolate milk - Regular Milk
- Water - Hypertonic sports drinks (higher salt / carb content)
- Cereal - Low Fat Yogurt & Fruit Parfaits
- High Carb Snack / Protein Bar
- Fruit Bars

## HYDRATION:

- The human body is comprised of 50-70% water. Dehydration stresses the body significantly. Your body temperature rises and you use up more glycogen (carbohydrates stores). This will have tremendous impact on your concentration and effectiveness for any activity you are performing.
- Young athletes should be consuming up to 1 ounce of fluid per lb of body weight each day. Game / Tournaments days will increase this number significantly.

## IMPORTANT NOTES:

- Always try to use water first as your hydration source.
- There is a risk of tooth erosion with sports drinks and research suggests the benefits may only occur if engaged in prolonged periods of activity (3+ hours).
- Always choose healthy, natural sources of first food for the majority of your nutrition. However, 'fun' foods can be beneficial at certain times, ie., Fig Newtons at half time or Chocolate Milk post game.

## DURING/HALF TIME:

To be consumed at half time:

- Fig Newtons (helps to replace lost minerals, sodium and potassium)
- Banana - Pienapple - Raisins
- Water - Isotonic sports drinks (Gatorade, powerade) - Energy Bars