

# NUTRITION PREP FOR GAME DAY



## FLUIDS

2% dehydration = 20% poorer performance. For a 70kg person that's 1.4kg weight loss from sweat (**very** easy to lose this much)! To be well hydrated...have a glass of water with every meal and snack; focus on this at least **2 DAYS BEFORE** your game/s. Drinking water *with* your food increases absorption.

## FOOD

### 2 DAYS OUT: 'CARB LOAD'

To optimise your muscle energy stores, the only thing you need to change in the 2 days before the weekend games is to include a **'bakery stop' IN ADDITION** to your usual intake – this is assuming your training load is lighter leading up to game day. This would be a dense carb food such as banana bread (150g slice), a large fruit scone, or apple scroll. You could also choose a more carb-rich lunch – i.e. a few rounds of olive bread or a gigantic Panini.

### 1 DAY OUT: PRE-GAMEDAY DINNER (NIGHT BEFORE)

- Mostly a pasta meal (~2 cups pasta) with a tomato based pasta sauce, a little easy-to-digest protein (60g seafood, 1 egg, or 50g chicken is ideal), & a little veg (non-bulky options = mushies, baby spinach, herbs etc., - go easy on the cauliflower + broccoli).



Or, you can make a rice-based dish (1 – 1½ cups rice/noodles) with a simple Asian sauce (soy/sweet/teriyaki etc. – avoid too much chilli) + leafy Asian greens and easy-to-digest protein as above.

- Remember your plate real estate! Keep your total dinner meal/plate size the same as normal. It is the portions of veg & protein that reduce to allow for an increased amount of carb – instead of ½ veg/salad, ¼ protein and ¼ protein, opt for 1/3 to ½ carb, with slightly less protein and veg/salad.
- Have some dessert of fruit/yoghurt or a smoothie/Milo if you are feeling a little underdone! 😊

## GAME DAY

### 2-4HRS OUT (brekkie)

Sports nutrition guidelines suggest 2-4g carb/kg LEAN body weight in your game day breakfast. Most athletes sit well at the lower end of this recommendation (2g/kg), so trial this first and build yourself up if you feel like you need more. You can figure your lean body weight out by your % body fat taken from skinfold measures:

$$\text{Your weight} - \frac{\text{weight} \times \text{body fat (\%)}}{100}$$

The lean body weight for a 70kg person with ~15% body fat is just under 60kg. So breakfast would need to be 60kg x 2g carb = 120g carb, which looks like this:

- 2-3 x grain toast + jam/honey
- 1 x medium banana
- 200-300ml Apple Juice/sports drink/Up&GO sipped over the course of the morning



**60-90MIN OUT (if needed):** 1 muesli bar



**15-30MIN OUT (optional):** 3-4 jelly snake lollies (this is more important if you have to referee multiple games throughout the day).

➔ [This provides ~130g carbs](#)



## How Much Time Do You Have? Backing up for consecutive matches...



\*\*Pack a stack of things and just graze, as you feel comfortable.

### <30mins

- Water, sports drink/juice (<200mL), piece of fruit

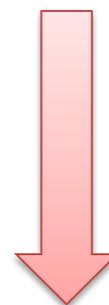
### 30-60mins

- White bread sandwich with jam/honey/vegemite
- 1 pc thick raisin toast or ½ fruit scroll
- Carman's muesli bar
- Banana & apple (2 pc fruit)
- 'Bakery food' e.g. banana bread



### 1-2hrs

- Plain pasta with tomato-based sauce
- Healthy fried rice: white rice with soy sauce & peas/corn
- Fruit & yoghurt
- Fruit smoothie
- Whole fruit scroll or scone



### >2hrs

- A more substantial meal e.g. dinner leftovers
- Sushi rolls
- Meat/egg & salad wrap
- Rice & tin of tuna/salmon, tuna & beans etc.



## RECOVERY NUTRITION

The ratio of slow & fast proteins that are in dairy foods are GREAT for muscle recovery. If you can include this in your post-match food (the 45minute window) you will be feeling awesome!

\*BONUS points if you can get some 'recovery fats' in the few hours after a match too (it is not necessary to get them in the 30-45minute window). This gives you an 'anti-inflammatory' effect on your muscles & helps to reduce muscle soreness. These fats are found in nuts, avocado, fish, pesto & healthy oils (e.g. olive oil).

**Within the 30-45 minutes of finishing an event, you need to have one of the following options:**

1. Large fruit smoothie
2. Up & Go Energize or Sustagen Sport popper + 2 pieces fruit
3. Tub of yoghurt & 2 bananas
4. Peanut butter & jam sandwich/roll\*
5. Eggs & avocado on toast\*
6. Salad sandwich with a HEAP of cottage cheese & pesto\*
7. Sushi with fish & avocado fillings\*

\*options with good recovery fats

**Keep in mind that McDonalds / servos on the way home will sell fruit and yoghurt!**



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