



D'Feeters Nutrition Guidelines

What athletes eat and drink before and during a competition can be critical to their performance.

Read the following food and drink intake.

DINNER...The night before a competition. Athletes diet should be HIGH on Carbohydrates and LOW on Fat. This is a very important meal because the main energy reserves are from the previous day meals, not from the pre-game meal or big breakfast the day of the competition.

| MEALS | DESSERTS/SNACKS | DRINKS | AVOID |
|---|---|--|---|
| Poultry Pasta Spaghetti Tomato Sauce with Meat Rice – Steamed/Boiled Lean Meat, Fish Potatoes Vegetables-Fresh/Frozen Pizza - Cheese/Veggie Salad Bread - All | Fruits Cheese & Crackers Fruit -Fresh/Dried Plain Biscuits Sherbet Popcorn (No Butter) Fruit Bars | Gatorade Orange Juice Apple Juice Fruit Juice Vegetable Juice Water | Fried Foods Sugar Candy, Chocolate, Potato Chips Tacos, Nachos, Sauces, Jam, Jelly, Gravy, Sauces, Butter or Margarine |

BREAKFAST...During a competition. During most competition days, the breakfast is the game meal. The pre-game meal offers very little for the energy production system. However, it can do a lot of damage if the wrong foods are consumed. It has been suggested that the player enter the game with stomach as empty as possible. When there is food in the stomach, the heart pumps large volumes of blood to the stomach to aid in the digestion. If playing or practicing, however, the blood is shunted to the working muscles, therefore stopping the digestive process. This often causes stomach cramps and gas, making the player very uncomfortable.

| MEALS | SNACKS | DRINKS | AVOID |
|---|---|---|---|
| Pancakes Bagels Raisin Brand Toast Yogurt Muffin, Bran, Oatmeal Bread - All | Fruit - Fresh & Dried Fruit Bars Bananas Raisins | Gatorade Apple Juice Orange Juice Vegetable Juice Milk Water | Fried Foods Hash Browns Eggs Bacon, Sausage, Butter/Margarine |



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LUNCH...Before and during the competition.

| MEALS | SNACKS | DRINKS | AVOID |
|--|---|---|--|
| Sandwich – Meat Fish, Poultry Soup Bagel Vegetables Bread - All | Fruit (Fresh & Dried) Cheese and Crackers Fruit Bars Bananas Apple Raisins | Gatorade Apple Juice Orange Juice Vegetable Juice Milk Milk Shake Water | Fried Foods Hash Browns French Fries Salami, Bologna, Sausage Hamburgers, Hotdogs Excess Butter/Margarine |

WHAT TO EAT...1 to 3 hours before a competition.

| 1 HOUR BEFORE GAME | 2 HOURS BEFORE GAME | 3 HOURS BEFORE GAME |
|--|---|---|
| High Carbohydrates, Low Fat, Little Protein, Low Fiber Milk, Banana Plain Muffin Fruit Juice Toast with Jam | High Carbohydrates, Low Fat, Moderate Protein Cereal, Banana, Milk Plain Muffin Fruit Juice Toast with Jam | High Carbohydrates, Moderate Fat, More Protein Sandwich-Lean Meat, Fish, Poultry or Egg, Milk, Fruit Medium Potato, Rice, or Pasta, Fruit, Milk Cereal, Yogurt, Toast |

The D'FEETERS GOAL is:

- ◆ **An empty stomach, but enough fuel for the muscles and enough food to prevent hunger.**
- ◆ **A settled stomach and a confident athlete.**
- ◆ **A well-hydrated and comfortable athlete.**