



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.