

FUELING FOR GAME DAY

You wouldn't drive a car down the highway with the gas tank on "LOW" likewise your body and brain can't function optimally without the proper fuel. Please review the list below of recommend foods to eat before, during and after a game. Visit PlayPositive.com/FuelForGameDay to learn more.

PRE-GAME

4 - 6 HOURS BEFORE : Final Meal

Turkey Sandwich
Large Salad with Chicken/Fish
Pasta Dish
Bowl of Soup and Sandwich



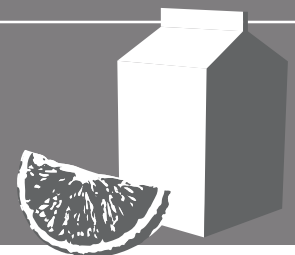
2 - 3 HOURS BEFORE : Simple Snack

Low fat yogurt
Cereal and milk
Fresh fruit
Hummus and pita
Small fruit smoothie



1 OR LESS BEFORE : High Water Fruits & Beverages

Fruit Juice
Chocolate Milk box
Orange/Apple/Melon
Cereal Bar



GAME

DURING : Hydrate

Water
Electrolyte Beverages /
Sports Drinks



POST GAME

AFTER : Carbs & Protein to recover

Pasta
Rice
Breads
Milk
Yogurt
Cereals
Meat
Fruits
Vegetables



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