



## **Basic Nutrition and Hydration Considerations for Field Sport Athletes**

### **Night Before Meal/Hydration**

Eat a well-balanced meal the night before a game and or hard practice. A preferred meal to eat is one that is higher in complex (slower absorbing) carbohydrates and lower in fats, with a moderate amount of lean protein such as chicken, fish, pork, or lean red meat. High complex carbohydrates will break down slower in your body, providing your body with a constant flow of fuel (sugar) for your body.

Samples of complex carbohydrates to consume with 6-8oz of lean meats

- Pasta (Wheat, Spinach)
- Brown rice
- Potatoes (preferably sweet potatoes for added potassium)
- Vegetables (Darker the better, boiled or grilled preferred)
- Multi-grain bread

### **Hydration**

Hydration for a practice, training session, or game, starts the night before the event, especially those events that are metabolically and environmentally demanding. Our body is 67-70% water, which means we have to consume that much water and or fluid throughout the day to maintain normal bodily functions including controlling temperature and joint lubrication. That 67-70% does not include hydrating for a practice, game, or training session.

Night Before Hydration Protocol

- 4-8 ounces every 15- 30 minutes from 6pm-9pm
- Water, Propel, Gatorade, G2
- Non Caffeinated Drinks
- Limit fluid intake after 9pm so sleep is not disrupted for urination

### **Game Day Meal/Hydration**

Meals and meal timing on game day will vary based on the time of the game. Game day meals should consist of a combination of complex and simple carbohydrates. Fat and protein intake should be minimal especially within one to three hours of the game and only simple sugars should be consumed within one hour of the game.

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- Eat Breakfast! (Breaks the fast of sleeping)
- Lunch Samples (Grilled chicken wrap, salad with lean meat, chicken pasta)
- Do Not Eat a Big Meal Within 60-90 min (an hour before consume things like a nutrition bar, soft pretzel, bagel, PBJ)
- High Glycemic (fast absorbing) Snack Before (banana, grapes, skittles, honey, mike and ike etc)
- No Citric Fruit! (can cause cramping and indigestion)
- Limit Fat and Protein Intake within 1-3 hours

### **Hydration**

Pre game hydration protocol

- Remember, make the athletes drink! If an athlete gets thirsty the dehydration process has already begun
- 4-6 ounces every 15 minutes regardless of weather conditions
- Non Caffeinated fluids (can lead to dehydration)
- Water, Propel, Gatorade, G2
- No PowerAde! PowerAde is a post workout drink due to the higher sugar solution

### **In Game Meal/Hydration**

Foods should be limited during the game or practice and only utilized on an as needed basis. Simple Sugars are preferred for fast absorption and replenishment of lost glucose stores during play.

Simple Sugar Options for In Game Replenishment

- Skittles
- Mike and Ike
- Honey/Jelly Packets
- Non Citric Fruits (Raisins, Grapes, Apples, Watermelon)
- No Citric Fruit! (can cause cramping and indigestion)

### **Hydration**

In game hydration protocol

- Remember make the athletes drink! If an athlete gets thirsty the dehydration process has already begun
- 4-6 ounces every 15minutes
- Non Caffeinated fluids (can lead to dehydration)
- Water, Propel, Gatorade, G2
- No PowerAde! PowerAde is a post workout drink due to the higher sugar solution

### **Post Game Meal/Hydration**

Fast absorbing protein and carbohydrates should be absorbed immediately post game/practice or within thirty minutes to prevent prolonged catabolism (breakdown of muscle cells). Limit fatty foods due to slow breakdown of nutrients. 20-25 grams of protein and 35-40g of carbohydrates should be consumed for optimal replenishment, preferably in a liquid form or shake for the fastest absorption rate. Gatorade, EAS, and Muscle Pharm are nutritional companies that are regulated and tested for banned substances by the NCAA and have adequate post workout nutrition protein drinks and nutritional drinks.

#### Post Game/Training Options

- RTD (Ready to Drink Shakes) by Gatorade, EAS, Muscle Pharm
- Chocolate Milk, Carnation Instant Breakfast
- Protein/Nutrition Bars
- Soft Pretzels, PBJ
- Fruits (Raisins, Grapes, Apples, Bananas, Watermelon)
- Citric Fruit! Vitamin C in citric fruit aids in recovery and can help prevent delayed onset muscle soreness

### **Hydration**

#### Post game hydration protocol

- The athlete should know their body weight
- Weigh yourself post game and consume 16 ounces of fluid for every pound lost during the game or practice, slowly over a period of time
- Non Caffeinated fluids
- Water, Propel, Gatorade, G2, PowerAde

Please contact me at [cwfitness@live.com](mailto:cwfitness@live.com) for any questions