

GAME DAY NUTRITION PLAN

Pre-Competition 3 Hours	Oatmeal, blueberries, eggs, whole grain toast, and an avocado	This meal will give you adequate carbs, protein, and fats while keeping your blood sugar levels relatively stable for long lasting energy.
Pre-Competition 30-60 Minutes	Banana with peanut butter or a protein bar	Any of these snacks will help you maintain energy and continue to play at a high level.
During Competition	Water	Water will keep you hydrated for optimal performance.
Post-Competition	Salmon, rice, veggies, and chocolate milk	These foods will help you recover after a competition.

NUTRITION TIPS

Here are some nutrition tips to go along with the nutrition plan to make sure you are physically and mentally prepared for a competition. These tips can improve your cognitive performance, focus, and reflexes for your next tournament.

- 1.** Do not eat foods that will spike your blood sugar before competition like pizza or French fries. If there are no healthy food options at the tournament venue, make sure to pack a lunch. This will allow you to bring healthier food options which will aid your performance.
- 2.** Stay hydrated! Keep a water bottle with you at all times. You want to also make sure to not overdo it- you don't want to constantly be running to the bathroom in between matches. A good rule of thumb is taking at least one drink before and after matches.
- 3.** If you drink caffeinated beverages such as coffee or energy drinks, then go for no sugar options. Caffeine can improve performance especially cognition, reflexes, and focus but drinking too much will hurt your performance. Try not to consume more than 300 mg of caffeine a day.
- 4.** Eat your eggs! Eggs contain the amino acid, Tyrosine, which has been shown to improve reflexes. This nutrient will help keep your reflexes sharp so you can react effectively to your opponents.
- 5.** If you have a sweet tooth craving then grab some blueberries. They have powerful antioxidants that can reduce inflammation and increase blood flow to the brain. They also taste great!
- 6.** Foods that improve focus and cognition include blueberries, avocados, dark chocolate (in moderation), fish, spinach, turmeric, nuts, and extra virgin olive oil. Add these foods to your diet as they have all been shown to improve cognitive performance - speed, flexibility, and attention.

For more on the glycemic index and the ranking of foods, here are some online resources.

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/glycemic-index-and-diabetes.html?referrer=https://www.google.com/>

<https://www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods/>