

Tournament Nutrition

1. Eating a healthy high carbohydrate diet all week will improve performance and delay fatigue.
2. Eating solids within 3 hours before games can divert energy to the stomach for digestion and away from muscles – this means earlier fatigue.
3. Drinking sports beverages during the game can improve performance and delay fatigue.
4. Go for high carbohydrate drinks and food (30-50 gm carbohydrate) immediately after each game to speed recovery of muscle glycogen.
5. Carbonated sodas may fill you up before you're hydrated – consider non-carbonated beverage after game.
6. Remember that caffeine may dehydrate you.

High-carbohydrate, low-fat meals

Waffles with fruit and syrup
Bagel
Low-fat milk

Chili with beans
Rice
Lemonade
Sherbet

Cereal with banana and granola
Whole wheat toast with jam
Orange juice

Grilled chicken sandwich
Baked potato
Iced Tea
Frozen fruit bar

Roast beef sandwich on whole grain roll
with tomato and lettuce
Applesauce
Fruit juice
Low-fat vanilla milkshake

Pizza with mushrooms
Salad with veggies
Breadsticks
Soft drink

Spaghetti with tomato sauce
Garlic bread
Garden veggie salad
Low-fat frozen yogurt
Low-fat milk

Chicken on Romaine salad
with sliced apples
Oatmeal raisin cookie
Low-fat yogurt
Soft drink

Bean burrito
Low-fat chips and salsa
Lemonade

Turkey sub
Low-fat chips
Apple
Sports drink

Pasta with vegetables
Italian roll
Strawberries
Iced tea

Rice with vegetables and black beans
Garden veggie salad
Fruit cup
Low-fat milk

Table 2.
MAKING LOWER FAT, NUTRITIOUS FAST-FOOD CHOICES

LOWER FAT CHOICES	MODERATE FAT CHOICES	HIGH FAT CHOICE
<i>Dairy Foods</i> Low-fat milk Frozen yogurt Low-fat milk shakes	2% milk Soft-serve ice cream Milk shakes	Whole milk Hard ice cream
<i>Starches</i> Bagels, English muffins Pancakes, waffles Cereals Bread sticks Baked potatoes	Small order French fries Cornbread	Biscuit, croissant Hash browns Large order French fries Curly, cheese or other fries Pastry, pie or brownie
<i>Salad Bar</i> Salad Carrot, celery sticks Pasta Fresh fruit Soups, not cream-based Low-fat dressings	Chicken, tuna salad Cole slaw Macaroni/potato salad	Olives, croutons Bacon bits More than 2 tbsp. of dressing Cream-based soups
<i>Meats/Main Dishes</i> Chicken filet Chicken fajitas Grilled chicken sandwich Chili with beans Plain hamburgers Vegetable pizza Chicken/turkey/ham/ roast beef sandwich or sub Bean burrito	Cheeseburgers Steak sandwiches	Fried chicken Fried chicken sandwich Fried fish, fried fish sandwich Fish or chicken nuggets “Super” “deluxe” or “supreme” sandwich or burger Sausage, pepperoni, or extra cheese pizza Bacon burger Breakfast biscuits (egg with sausage or steak), Sausage, bacon
<i>Sauces</i> Catsup Mustard Barbecue Sauce		Mayonnaise Mayo-type sauces Alfredo sauce Hollandaise sauce Added butter or margarine

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