

FUEL YOUR GAME

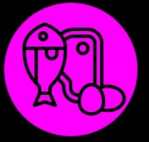
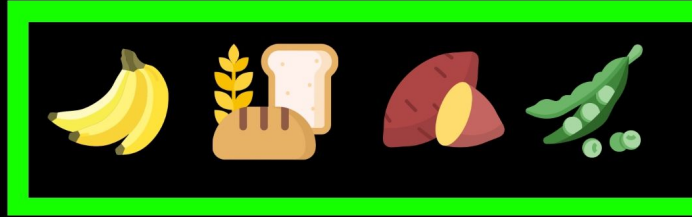
To stay at the top of your game your body needs energy and it all starts with the right nutrition



CARBOHYDRATES

55%

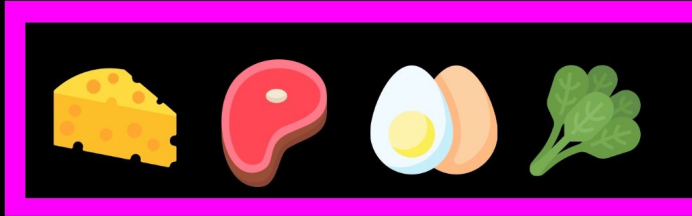
Carbohydrates should make up 45-65% of your total caloric intake. This will help with maintaining blood glucose levels.



PROTEIN

20%

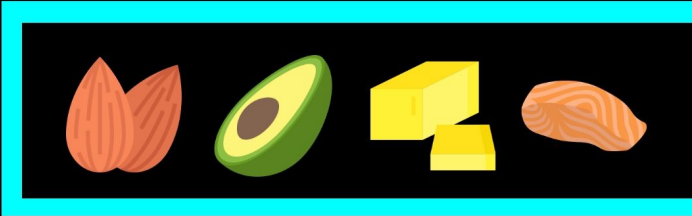
Protein should make up 10-30% of your total caloric intake. This will help with muscle tissue repair.



FATS

25%

Fats should make up 20-35% of your total caloric intake. This will help with providing energy.



TIMING IS EVERYTHING

Eating a meal 3-4 hours before competing that is low in fat and fiber, has a moderate amount of protein, and is high in complex carbs and fluid can help reduce gastrointestinal distress and provide energy for exercise

Recovery foods should contain protein and carbohydrates and be consumed within 30 minutes after exercise and in the following few hours to support recovery and restore muscle glycogen

TIMING NUTRIENT INTAKE RIGHT CAN HELP YOU MAKE SURE YOU'RE PERFORMING AT YOUR BEST

BEFORE

AFTER

DURING

BEFORE BED

Drinking a carbohydrate-containing sports drink or water and a snack during competition can help maintain blood sugar levels

Consuming 20-40 grams of protein before bed can support muscle recovery