

NUTRITION FOR TOURNAMENTS

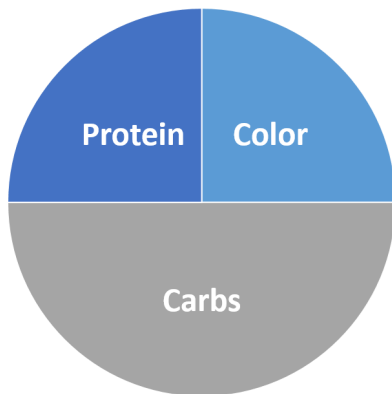
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Travel and multiple competitions per day make fueling during tournament weekends challenging. Food and hydration support your performance and recovery so that you have the energy to perform throughout the tournament.

For individualized recommendations about performance nutrition, contact Lauren Cicinelli the Northside Hospital Sports Dietitian at **404-327-1626**.



Building a Performance Plate helps keep you fueled for practice, training and competition. A Performance Plate contains three key components:

- **Proteins** → provide the building blocks to repair muscles and support recovery
- **Carbs** → provide energy to perform and support recovery
- **Colorful fruits & veggies** → provide vitamins, minerals and antioxidants to support performance and recovery

The Day Before Tournament

- Eat 3 meals and 2-3 snacks
- Include half of your plate from carbs, and a quarter each from protein and color at each meal
- Include carbs with each snack
- Hydrate with water and milk throughout the day
- Aim for about half of your body weight in ounces of fluids each day, up to about 100 ounces

Sample Menu	
Breakfast	Veggie omelet with whole wheat toast, apple & milk
Lunch	Turkey & cheese sandwich with grapes, pretzels, baby carrots and hummus with water
Snack	Banana and peanut butter with water
Dinner	Spaghetti with meatballs, salad & milk
Snack	Yogurt and granola with blueberries

Morning of Tournament

- Eat breakfast at least 2 hours before the first game starts
- The longer you have before competition starts, the larger meal you can have
- Stick with foods that you've tolerated well before practices
- Focus on high carbohydrate, moderate protein, and low fat food and beverages
- Hydrate with water or juice
- Examples:
 - Bagel or toast with peanut butter and a cup of juice
 - Oatmeal with dried fruit and yogurt and water or juice
 - Waffles with maple syrup and banana and water or juice



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During Games

- Hydrate: take a few sips of water or a sports drink throughout the game
- Fuel: take a few bites of easy-to-digest carbohydrates if energy is low
- Examples:
 - Applesauce pouches
 - Pretzels
 - Crackers
 - Granola bars
 - Sports drinks (Gatorade, Powerade)
 - Fresh fruit (grapes, orange slices)

Between Games

- Hydrate with water and sports drinks
- Eat a meal or snack with carbohydrates and protein
- Focus on easy-to-digest carbohydrates:
 - Bread
 - Pretzels
 - Crackers
 - Fruit
 - Granola bars
- Balance with some protein:
 - Turkey
 - String cheese
 - Protein shake
 - Peanut butter