GAME DAY / WORKOUT DAY
NUMBER

The following basic instructions are ideal for athletes on game days or workout days in order to maximize energy and performance levels

BREAKFAST – Is essential for game day and EVERY day
- Have a protein like eggs, turkey, milk, or yogurt
- Have a carbohydrate like whole-wheat / grain toast, English muffin, or bagel
- Have a fruit like an apple, orange, strawberries, or blueberries, or even no-sugar added juice

3 For 3 Rule – Lean protein, complex carbohydrate, and fat every 3 hours
- Eat every 3 hours, so 6 small meals a day
- Each time you eat, include a protein, carbohydrate, and a fat
- By eating smaller meals every 3 hours, you will maintain steady energy levels and gastrointestinal regularity

Pre-Game / Workout Rules
- Eat lightly 2 hours pre-workout or game; you know your body best so experiment with which foods give you digestive problems and which do not
- Eat complex carbohydrates and keep protein and fat intakes low since these slow down digestion
- Avoid bulky foods including raw fruits and vegetables, dry beans and peas, and popcorn
- Avoid gas-forming foods like vegetables from the cabbage family and cooked dry beans
- Eat slowly and chew well
- Drink water all day to be adequately hydrated: suggestion – drink 2.5 cups of water 1-2 hours before the workout and then drink 1.25 cups of water 15 minutes before the workout
- Avoid drastic changes to your normal diet routine immediately prior to a workout or game

Post-Game / Workout Nutrition Rules
Hydrate and eat a carbohydrate / protein combination as soon as possible after competition; this will help replenish glycogen stores quickly. Again, consuming fat will slow down digestion and reduce the effectiveness of your carbohydrate and protein intake; a protein shake and light sports drink will suffice.

- Liquid meals digest faster than solid meals and whey protein is a fast-digestion source of protein
- Carbs will be used by your body to help restore muscle glycogen that was depleted during exercise

IMPACT
BASKETBALL
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