

Team Sports Nutrition Guide

This guide provides an overview of effective dietary practices for team sports athletes, focusing on optimal nutrition before, during, and after games and practices to enhance performance.

Step 1: **Pre-Game Meal**

Consume a balanced meal 3-4 hours before the event. It should be rich in carbohydrates, moderate in protein, and low in fat. Examples include pasta with lean meat sauce, a sandwich with a side of salad, or a rice bowl with grilled chicken.

Step 2: **Pre-Game Hydration**

Ensure proper hydration by drinking water throughout the day leading up to the event, and sip on a sports drink if extra electrolytes are needed. Avoid caffeine and alcohol as they can lead to dehydration.

Step 3: **During-Game Fuel**

Maintain energy levels by consuming easily digestible snacks such as bananas, energy bars, or small sandwiches. Stay hydrated with water or sports drinks, avoiding sugar-loaded beverages.

Step 4: **Post-Game Nutrition**

Within 30 minutes of finishing, consume a mix of carbohydrates and protein to aid recovery. Options include a protein shake with fruit, yogurt with granola, or a turkey and cheese sandwich.

Step 5: **Post-Game Hydration**

Replenish fluids lost during the event by drinking water or an electrolyte-infused beverage until urine is pale yellow. Continually rehydrate in the hours following the game.

Step 6: **Daily Diet**

Follow a varied diet throughout training that includes fruits, vegetables, lean proteins, whole grains, and healthy fats. Adjust calorie intake based on activity levels and aim for five to six smaller meals throughout the day.

General Notes

Dietary Variability

Nutritional needs can vary greatly among athletes depending on the sport, position, intensity, and individual metabolism. Personalizing the diet can lead to better performance and recovery.

Supplement Caution

Exercise caution with dietary supplements and only use those approved by a professional. Some supplements may be unnecessary or potentially harmful.