



Game/Tournament Fueling

Athletes who play in tournaments that last all day or all weekend long can use the following game plan to get ready for the tournament and keep their energy up all day.

The Night Before the Game/Tournament

Start out with a high-energy meal the night before the tournament. You'll have more fuel stored in your muscles for the next day's performance. Some good ideas:

- Spaghetti with meat sauce, garlic bread, steamed broccoli, strawberries, and low-fat milk
- Thick-crust pizza with ham, veggies with a side salad and low-fat milk or lemonade
- Turkey and cheese sandwich on whole wheat bread, corn, fresh fruit salad, low-fat milk, and oatmeal cookies.
- Grilled chicken breast, mashed potatoes, green beans, applesauce, and low-fat milk
- Chicken, vegetable, and rice stir fry, wonton soup, orange slices, and 100% juices

The Day of the Game/Tournament

Get up early on the day of the tournament and eat a good breakfast. Eat at least two to three hours before you compete. Try the following:

- Pancakes, lean ham slices, a banana, orange juice, and water
- Oatmeal with low fat milk and raisins, toast with jam, grape juice, and water
- Scrambled eggs, English muffins, fruit salad, and orange juice

During the Game/Tournament

- Keep water and sports drinks handy. Drink at least 6-12 ounces every 15-20 minutes during play. For short breaks (15-45 minutes), go for liquids like juices, sports drinks, and extra water.
- For one- to two-hour breaks between matches, try cereal bars, low-fat granola bars, dry cereal, pretzels, graham crackers, fig bars, pudding cups, cheese sticks, bananas, grapes, oranges, yogurt, and juices.
- For longer breaks (two hours or more), try sports bars, lean turkey, chicken, or ham sandwiches, peanut butter and jelly sandwiches, apples, bananas, grapes, oranges, granola bars, yogurt, and juices. The longer you have between competitions, the more you can eat and the more you have to digest the food without slowing you down.