



## Post-Game Nutrition

### Goal:

Facilitate the rebuilding of structures and return metabolic stasis

### Objectives:

1. Return fluid balance to pre-activity levels
  - Fluid moves nutrients. Even if you ate properly, dehydration limits the movement of nutrients.
2. Rebuild glycogen stores.  
Energy is needed for cellular rebuilding more so than amino acids.
3. Remove and neutralize muscle waste products (mostly anaerobic) – this requires high amounts of water (deamination) and glycogen (CPK - DOMS)

Like pre-game nutrition – it is a balancing of glucose to insulin. Ideal is to feed simple CHO, then complex CHO, then protein and fat. Sustained macronutrient flow - -

It is very important for input of protein and fat in post-game where you would want to avoid this with pre-game meal. You'll feel hungry with very low protein and fat (Chinese food)

Liquid meal causes digestion up to 1/6 of time for solid food digestion – great idea for pre-activity when in a rush or post-game to get nutrients back.

Pack your post-game meal in a cooler the morning of the game. Bring a blender for tournaments / hotel stays. Faster input of nutrients allows for sleeping, fluid removal (pool and self massage) and re-hydration.

### Liquid Meal Suggestions

**Cereal Shake:** (450 kcal; 60% CHO, 20% Protein, 20% Fat)

- 2 cups low fat milk
- 1 cup cereal
- 1 small banana
- 4 cups ice OR 1 cup vanilla yogurt

Blend and drink. Try different cereals and fruit combinations that best suit your taste buds!

**Fruit Shake:** (470kcal; 75% CHO, 15% Protein, 10% Fat)

- 1 cup vanilla yogurt
- 4-6 peach halves
- 4 graham cracker squares

Blend and drink.

**Carnation Instant Breakfast**

(with Milk Added)

Amount Per 1 cup

Calories 225

Total Fat 5g

Total Carbohydrate 32g

Protein 14g

### Post Game Meal Ideas

#### *In your stomach within 30 minutes:*

Liquid replenishment or meal within 30 minutes. Drink enough to replace any weight loss from exercise. Ideally, mostly simple CHO (Powerade, Gatorade, Loco Lemonade). Drink approximately 20-24 ounces of a sports drink per pound of weight loss.

- Water 20-32 oz.
- Gatorade / Power-ade (not Accelerade) - 20-32 oz.
- Liquid Foods
  - Liquid Meals (see Nancy Clark's book)
  - Carnation Instant Breakfast
  - Ensure, Nutrament or generic brand

Avoid foods very high in protein at this point post-game / post-activity.

#### *In your stomach within 2 hours:*

Look to foods from varied macronutrient sources (carbohydrates first, then proteins, then fats) ideally foods with a high to moderate glycemic index. Macronutrient balance 60-65% CHO, 20-25% Protein, 10-15% Fat

### Packed Meal

- Water
- Gatorade / Power-ade
- Accelerade
- Cereal (as a snack). Store in tupperware – 1 cup sugary cereal and also one cup high fiber cereal. I.e.: 1-cup fruit loops and also 1-cup Kashi Go-Lean CRUNCH or Multigrain Cheerios.
- Peanut Butter Sandwich(es)
- Whole Grain breads
- 'Juicy' fruits (i.e.: oranges, apples, pears)
- Veggie Sticks (carrots and peppers. Avoid celery and broccoli)
- Breadsticks
- Hummus Dip
- Baked potatoes
- Sweet Desert – cookies, brownies etc.

If you have a cold storage

- Yogurt with fruit on the bottom 8-10 oz.

### Restaurant Meal

- Water
- Pasta with meat or poultry source. Get veggie serving
- Pancakes with LEAN protein source
- Stuffed potatoes
- Subway sandwich (12") plus additional foods
- AVOID burgers, fries and fried foods