

Keep it
balanced



- The body needs more than 40 different nutrients to function properly
- Key nutrients include: anti-oxidants such as vitamin C and vitamin E.
- Adequate amounts of these nutrients will help to repair the body after strenuous exercise



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SPORTS NUTRITION



Solving the challenge of what to eat and when to eat it.



Tips on how to increase performance and keep energy levels high before, during, and after a game.

STAY Hydrated!

- Try to keep fluid consumption constant and ample
- Even slight dehydration can have negative effects on performance during high intensity exercise



- Athletes should drink before, during and after exercise
- Check the color of your urine— is it darkly colored (6–8)? Then drink up— you are not hydrated. Is it light or clear in color (1–3)? Then you're looking good!



Eat your

Carbohydrates!

- Carbohydrates are stored in the muscles and liver in the form glycogen and are the body's main fuel for exercise
- It's proven when carbohydrate intake is limited, exercise intensity and length of activity are decreased and fatigue increases

- Student athletes should consume a diet that has at least 60% of its calories coming from carbohydrates
- Those who compete in endurance activities should shoot for 65–70% of their calories from carbohydrates



Pre and Post Game Nutrition



- A larger meal should be consumed 3–4 hours before the game or event
- A smaller meal or snack should be consumed about 1–2 hours before the game, consisting of complex carbohydrates, moderate protein amounts, and low in fat
- Replacing carbohydrates and electrolytes during long periods of exercise (over 1 hour) improves performance and delays fatigue
- High Carbohydrate foods with a little protein (4:1 ratio) are good choices for promoting post-exercise glycogen re-synthesis and muscle repair.