

SQUASH PRE GAME NUTRITION

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As an athlete you need to be on top condition before each and every game. Your diet is a big part of your preparation so your body is in the best physical conditions before, during and after each game. These are the foods that benefits an athlete for their best performance.



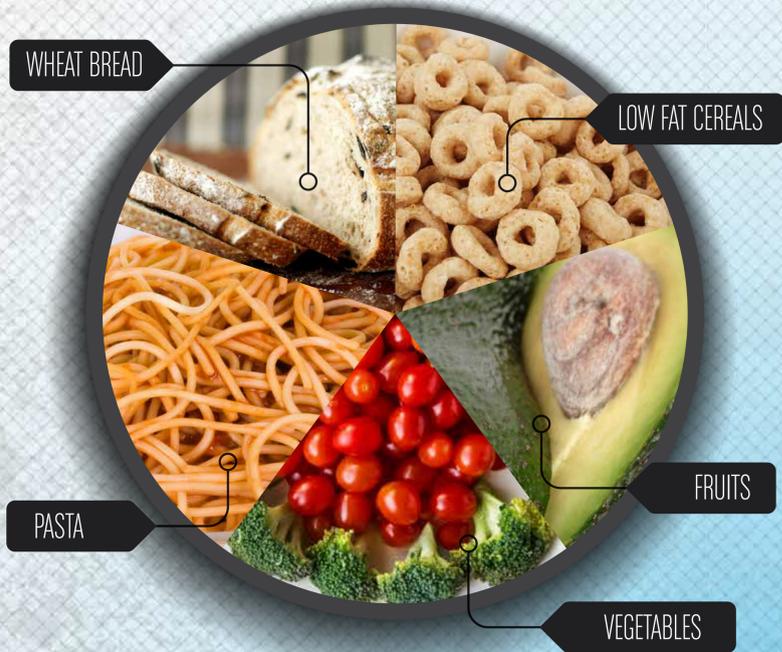
3-4 Days before the game

Carb Loading

70% of calories from carbohydrates

Carb loading is a process where high endurance athletes load up with high amounts of carbohydrates and practice about 50% less 3 to 4 days before a match. This enables their body to produce more glycogen. Glycogen is stored energy for the muscles for prolonged performance.

Food with high amounts of carbohydrates



Hydration

Follow a daily hydration plan

Drink at least 125 oz. daily for an adult male, and at least 91 oz. daily for adult female.

Drink 8 oz. of water

20-30 minutes

before practice.

Drink 4-8 oz. of fluid

every 15-20 minutes

during practice.

Weigh yourself before and after practice sessions. Replenish with

20-24 oz. of water

for every pound lost within 2 hours after practice.

Avoid: Sugar or starch based foods before practice to slow down dehydration.

After every practice

Reload carbohydrates with low GL (Glycemic Index) foods after practice.

After every practice or any intensive activity, the muscles use up glycogen stores. This leaves the muscles being partially broken down and depleted of glycogen stores for energy. Eating the right food with low GL index restores glycemic levels and improves muscle regeneration more efficiently.

Low Glycemic Index Foods



Also replenish carbs, minerals, and water during and after long exercises with juices and milk.

Since athletes have higher metabolism, they tend to get hungry more often. A healthy snack in between meals with the proper nutrients should also be good source in building a proper nutrition.

READING NUTRITIONAL FACTS ON LABELS

- Amount of serving in relation to nutrition below.
- Amount of calories for each serving. (i.e. 130 calories for each serving)
- Avoid food with high amounts of trans and saturated fats.
- Carb is another source of calories. Favor foods with high fiber content. (ideal amount is 3 to 5g, per serving)
- Amount of protein for each serving.
- Recommended nutritional value per day based on a 2,000 calorie diet. This part tells if you are having enough or too much for each nutrient in a day.
- Additional vitamins and minerals included in each serving.

Nutrition Facts

Serving Size 8 oz (227g)
Servings about 4

Amount Per Serving		% Daily Value*	
Calories	130	Calories from Fat	20
Total Fat	2g		3%
Saturated Fat	1.5g		6%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	160mg		7%
Potassium	400mg		11%
Total Carbohydrate	21g		7%
Dietary Fiber	4g		17%
Sugars	9g		
Protein	10g		
Vitamin A	6%	Vitamin C	4%
Calcium	35%	Iron	0%
Vitamin D	6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sample Nutrition Fact Label for yogurt

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SOURCE:

<https://boss squash.com/Squash-Pre-Game-Meal/>
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<https://share.upmc.com/2016/09/7-hydration-tips-athletes/>

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