# Game Day Food Guide

## The Basics
- No Fried food, junk food, fast food, sodas or sweets prior to or right after game. Big meal 3 hours before, light snack 1-2 hours before.

## Breakfast
- Eggs, Oatmeal with fresh fruit, smoothie, whole grain toast, cereal -Heart to Heart, Raisin Bran, yogurt with granola and fruit, whole grain bagel with cream cheese.

## Lunch
- Whole grain pasta, whole grain crackers and cheese, lean real turkey meat, string cheese, PBandJ, fish, beans, salad with protein.

## In-Between Games
- Almond butter/peanut butter on apples, raw veggies with hummus (bell pepper, carrot, cucumber, broccoli), nuts and seeds. Chocolate milk.

## 2 Hours Before Game
- Drink 2 cups of water.

## 30 Minutes Before Game
- Drink One Cup of water

Food is the fuel your body runs on. It can give you an advantage in your game or rob you of your energy and focus.