



# CLC TIGER BOYS BASKETBALL

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## Pregame Nutrition Guidelines

We have had an increased concern this season about what our players are fueling their bodies with prior to competition. Here are some guidelines put together by Scott Mueller to help you prepare yourself to perform at your best on game day.

- Last meal should be eaten about 2-3 hours before game time to allow for complete digestion
- Eat foods that are non greasy and not too spicy, bland and easily digested foods work best. (Ex -- complex carbohydrates like fruits, vegetables, nuts (sparingly), whole grains, pasta, bread, pancakes, etc). Also, you want to go easy on foods that are high in fat (especially saturated fat).
- Avoid foods not normally eaten (especially energy drinks you have not tried before!!!)
- Never skip meals
- Don't overload on protein for 8 hours before game time. Some protein is good but don't go overboard with 5 chicken breasts, a big steak, etc
- Limit intake of simple carbohydrates such as table sugar, honey, cake, cookies, ice cream, etc. Sweets cause sugar highs followed by sugar lows -- unusually high levels of glucose in the blood, which quickly drop to below normal followed by a sudden letdown in energy. Excessive sugar also interferes with fluid absorption.
- Avoid milk products for 8 hours before game time
- Limit salt intake. Avoid salty foods such as table salt, soy sauce, canned soup, pickles, sausage, chips, etc.
- Avoid pregame meals of steaks, eggs, bacon, butter (high fat foods)... these can take up to 8 hours to completely digest. Fats, especially cooked fats, require more complex digestive processing than any other type of food. Fat digestion diverts blood away from the muscles and brain to the gastrointestinal tract.

The Central Boys Basketball Staff

