Nutritional Foods and Drinks to have while in season

Energy, strength, recovery, hydration, and injury prevention

- ☐ Protein rich foods: important for muscle recovery
  - ☐ Eggs, chicken, turkey, lean beef, fish, Greek yogurt, cottage cheese, milk, cheese, beans, lentils, and protein smoothies.
- ☐ Carbohydrate rich foods: provide energy needed to withstand practices and matches
  - ☐ Oatmeal, rice, potatoes, sweet potatoes, whole grain bread, pasta, tortillas, cereal (not a bunch of sugar), fruit and granola
- ☐ Fruits and vegetables: provide vitamins, minerals, antioxidants
  - ☐ Bananas, oranges, berries, apples, grapes, watermelon, pineapple, spinach, broccoli, carrots, peppers, and sweet potatoes.
- ☐ Hydration:
  - ☐ Water should be primary
  - ☐ Milk is great for recovery because of the protein and carbohydrates
  - ☐ Electrolyte drinks are great for long, hot, or sweaty practices/ tournaments
- ☐ Pregame or practice meals
  - ☐ Oatmeal with bananas and peanut butter
  - ☐ Greek yogurt with berries and granola
  - ☐ Turkey sandwich with fruit
  - ☐ Rice with chicken and vegetables
- ☐ After practice or games (Protein, carbs, and fluids)
  - ☐ Eggs with toast and fruit
  - ☐ Smoothie with milk, fruit, yogurt, and oats
- ☐ Tournament days
  - ☐ Bananas
  - ☐ Oranges
  - ☐ Applesauce
  - ☐ Granola bars
  - ☐ Pretzels
  - ☐ Crackers
  - ☐ Trail mix
  - ☐ Fruit
  - ☐ Yogurt
  - ☐ Sandwiches