

## Pre-game nutrition preparation

### Night before game

Aim for a high carbohydrate, moderate protein, low fat meal. Good choices include:

- Tomato based pasta with chicken breast or lean mince (eg Heart Smart varieties from Woolworths)
- Pasta in a light creamy sauce with chicken or ham (skim evaporated milk?)
- Filled pasta such as ravioli with tomato/vegetable sauce
- Baked pasta with vegetables, cheese and tomato based sauce
- Stir fried meat (lamb, port, chicken or beef) with rice or noodles
- Chicken/Vegetable risotto or tuna mornay
- Grilled lean meat (steak or chicken) with potato, sweet potato, vegetables and bread rolls
- Serve with bread rolls and orange juice
- High carbohydrate/low fat dessert choices include apple crumble and low fat custard or fruit salad and low fat ice cream (Peters Light & Creamy or Bulla Light)

**Also remember to drink enough water the night before so your urine is clear before you go to bed**

### Breakfast game day

What players prefer to eat on game day will vary considerably depending on the individual. Some good choices for breakfasts when the game is not until the afternoon include:

- Cereal with low fat milk, toast with peanut butter or jam and orange juice.
- Cereal and low fat milk and toast with poached eggs.
- Home made smoothie with low fat milk and banana with toast
- If you are playing earlier and do not like a large breakfast, try a liquid meal drink such as Sustagen and a cereal bar.

### Pre game meal/snack (2-3 hours pre game)

- Plain pasta with tomato based sauce
- Assorted sandwiches with plain fillings on white bread such as banana, peanut butter, ham, chicken breast, turkey, cheese (**no butter**)
- Breakfast cereal with low fat milk
- Liquid meal supplement eg Protein revival or Sustagen
- Low fat milk smoothies with yoghurt and fruit
- Toast or crumpets with jam and honey
- Fruit salad with low fat yoghurt

**For the 1-2 hours before the game sip on a sports drink to ensure that your muscle glycogen levels are at an optimal level.**