Hydration:

Fluid is the most important performance-enhancing nutrient! The most important function of water is cooling your body during activity. Maintaining consistent body temperature is a major performance factor.

Tip: Avoid caffeinated drinks (coffee, sodas, tea) and alcohol since they cause dehydration!

Normal daily intake:
8-1 cup glasses of fluid a day. Includes water, milk, juice, and non-caffeinated beverages.

Pre-exercise intake:
2 hours before activity: drink 2-2.5 cups of water
15 minutes before activity: drink 1 cup water or sports drink

During exercise:
Drink 1 cup of water every 10-15 minutes
Fluids that contain carbohydrates, (sports drinks) can provide energy for activities that last an hour or more

After exercise:
Weigh yourself before your activity and after the activity. For every pound lost, drink 2 cups of sports drink or water as soon as possible to increase recovery rate.
Sample Pre-Game Meals:

Breakfast: 3-4 hours before competition
1 cup orange juice
2 cups corn flakes
1 banana
2 slices wheat toast
1 cup skim milk
1-2 cups water

Liquid Breakfast: 1-2 hours before competition
1 cup orange juice
1 package instant breakfast
1 cup skim milk

Lunch: 3-4 hours before competition
1 cup vegetable soup
4 oz skinless baked chicken
1 cup mashed potatoes
1 cup green beans
½ cup sorbet
2 cups skim milk

Dinner: 3-4 hours before competition
2 cups spaghetti
1 cup tomato sauce, with lean meat or marinara
Parmesan cheese
2 cups tossed salad
2 T low-fat dressing
3 pieces bread
2 cups fruit juice
Healthier Meals on the Go:

Subway:
6 inch veggie delight
6 inch turkey breast
6 inch roasted chicken breast

McDonald’s:
Garden salad with reduced-calorie dressing
Grilled chicken without mayo
Fruit and yogurt parfait
Fruit and walnut salad

Taco Bell:
Chicken soft taco
Bean burrito

Wendy’s:
Grilled chicken sandwich
Mandarin orange salad with low-fat dressing