Before the Game

WICOMICO UNITED SOCCER LEAGUE NUTRITION

a guide to nutrition before activity

When to eat

- Aim to eat 60-90 minutes before your game or practice.
- If time is tight, choose something small and simple

What to eat

- Focus on carbohydrates for quick energy
- Simple, easy to digest foods: keep portions moderate and avoid anything greasy
- Stick to familiar things - now's not the time to experiment
- Don't forget fluids - water is usually enough before activity

Easy ideas

- Peanut butter and banana sandwich
- Yogurt topped with granola and berries
- Turkey, cheddar, and lettuce in a tortilla wrap

These tips are general guidelines for youth athletes. Individual needs may vary. For specific dietary concerns, consult a healthcare professional.