



Welcome to the very first edition of Fitness Matters.

Today's topic: **Game Day Nutrition**

As parents of **FCA** athletes, we want our children's level of performance to be at its absolute best on game day. What they eat can have an immediate impact on how they will ultimately perform. This can be a positive or a negative based on many nutritional factors.

The following is a cheat sheet listing the best and worst foods to eat on and during game day. I say during because many of our children play multiple games within a day and what you eat between games is extremely important. What you eat then can provide you with fuel, energy, and the ability to stay focused. On the other end, eating the wrong foods can leave you feeling lethargic, slow, and distracted. You think that might have an impact on how they play during the next game?

The Top 10 List

* = Organic

Best

- Water (start early/all day)
- *Pastured Eggs (pregame)
- *Fruit
- *Cut up vegetables
- Raw nuts & seeds
- *Salads
- *Beef jerky
- *Smoothie or protein shake
- *Lunchmeat lettuce wrap
- CLIF bars

Worst

- Sugary drinks
- Cereal (oatmeal is ok)
- Burgers
- Hot dogs
- Subs
- Fries

- Chips
- Candy
- Cookies, donuts, cupcakes
- Pizza

And there you have it. For optimal performance (and health), do your best to have your son or daughter eat from the "best" list 90% of the time.

Performance matters...

Thanks for reading and Happy Easter to all. He Is Risen!

Faithfully Fit,

Keith Franus

questions/comments? Email me at keith@franusfitness.com