

Nutrition for Saber Football Players

Proper nutrition for optimal football performance begins well before game days. What you eat and drink immediately following practice and/or a workout will have the largest impact on how you perform the next day.

Here are some tips to follow:

1. Drink water throughout the day. Your body cannot process and hydrate itself nearly as fast as it loses water while working out. A good rule of thumb is to wake up and drink at least 20 ounces of water. Do the same before going to bed.
2. Eat quality, whole foods that include all of the macronutrients. **A SABER IS AT THE TOP OF THE FOOD CHAIN!** Eat quality food, as a SABER would.
3. Drink water and/or Gatorade throughout your workout or game.
4. Consume a recovery drink that has about a 3/1 Carbohydrate to Protein ratio. Flavored milk (Chocolate, Strawberry, etc.) is the perfect drink for recovery. This needs to be consumed 10-40 minutes post workout!

****It will improve your body's performance the next day****

Bring your recovery drink with you! After 40 minutes your window for maximum recovery has closed!