

# Tips to fuel

## your game!



### Before

Eat a small meal containing breads and cereals, fruit, or vegetables 2–3 hours before play



### During

Hydrate with water and snack on fruit if needed



### After

Refuel with a nutritious meal such as fruit smoothie, lean beef bolognaise or a simple chicken and salad sandwich

### Always

Water is the drink of choice for health and sports performance benefits, and is the best way to rehydrate

