Current Recommendations from the Scientific Literature This document is designed as a quick reference of published recommendations for adults. These numbers should be used as a guide, taking into account individual factors and goals of the athlete. Every team sport is different and factors such as rules of play, frequency of games, length of season and position-specific requirements alter the nutritional plans.

**Daily Carbohydrate** | **Daily Protein**
---|---
5–7 g/kg/d (3) | 1.2–1.7 g/kg/d (3)

**Pre-Carbohydrate**

- **PRE-PRACTICE/GAME RECOMMENDATIONS**
  - 1–4 h pre,
  - 1–4 g/kg* (2)

**Pre-Fluid**

- 5–7 ml/kg 4 h pre; if urine is dark or not produced another 3–5 ml/kg 2 h pre (1,4)

**During Carbohydrate**

- **DURING PRACTICE/GAME RECOMMENDATIONS**
  - 30–60 g/h (1,2,3)

**During Fluid**

- Based on individual sweat rate.
- Aim to consume an amount of fluid to minimize body weight loss < ~2% (3)

**Post-Carbohydrate**

- **POST-PRACTICE/GAME RECOMMENDATIONS**
  - <8 hours between practice/competition,
  - 1.0–1.2 g/kg (2,3)

**Post-Protein**

- 0.25 g/kg,
- ~20–25 g works for most athletes (4)

**Post-Fluid**

- 1–1.5 L/kg body weight lost of fluid with sodium (1,3,4)

*pre-event meal

**FIBRE**

- minmize

**PROTEIN**

- Exact timing and amount should meet individual athlete preferences and time constraints.

**FAT**

- For more in-depth information, please visit [www.GSSIweb.org/en-ca](http://www.GSSIweb.org/en-ca) and click on For Professionals.

References: