

Fueling College Athletes

The Nutrition Behind Game Day Performance



COLLEGE OF
PUBLIC HEALTH
George Mason University

Student-athletes' busy schedules burn a lot of calories



4,000+ Calories burned per day
by student-athletes

2,000 Calories burned per
day by non-athletes

Game day meals have three main components:



- High-quality proteins
- Complex carbohydrates
- Nutrient-dense fruits and vegetables

Players fuel up with a **balanced breakfast** and a pre-game meal a few hours before tip-off, **avoiding fried or high-fat foods** that digest slowly and can slow performance.

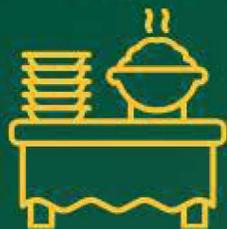
Student athletes require two times more protein than the average person.



Average adult:
0.36–0.45 g per pound

Collegiate athlete:
0.54–0.91 g per pound

Fuel your march madness watch party!



GMU sports dietitians recommend building a winning watch-party spread with a balanced mix of carbs, protein, healthy fats, and plant-based foods.

