THE ROLE NUTRITION IN MENTAL CLARITY

What you eat doesn't just fuel your body—it fuels your mind too. The right nutrition helps you stay sharp, focused, and mentally strong, while poor nutrition can lead to brain fog, sluggishness, and poor decision-making.

🔥 **Why Nutrition Affects Mental Clarity**

✅ Provides steady energy for sustained focus
✅ Supports brain function and quick decision-making
✅ Helps regulate mood and stress levels
✅ Reduces mental fatigue during training and competition

🥦 **Key Nutrients for a Sharp Mind**

1️⃣ **Complex Carbs (for steady energy)**
- Keeps your brain fueled without crashes
- Examples: Oats, quinoa, whole grains, sweet potatoes, fruit

2️⃣ **Healthy Fats (for brain function)**
- Supports memory, focus, and reaction time
- Examples: Avocados, nuts, seeds, olive oil, salmon

3️⃣ **Lean Protein (for mental endurance)**
- Helps neurotransmitters work properly
- Examples: Chicken, eggs, tofu, Greek yogurt, beans

4️⃣ **Hydration (for mental sharpness)**
- Even mild dehydration can cause brain fog and slower reactions
- Aim for half your body weight (lbs) in ounces of water daily
- Tip: Add electrolytes or fruit-infused water for extra hydration support

🎯 **Game-Day Nutrition Tips for Focus**

✅ **Pre-Game Meal (2-3 hours before)**
- Balanced meal with protein + complex carbs + healthy fats
- Example: Grilled chicken, brown rice, and steamed veggies

✅ **Pre-Game Snack (30-60 minutes before)**
- Quick-digesting carbs for energy
- Example: Banana with almond butter or a handful of trail mix

✅ **During the Game**
- Stay hydrated and refuel with small snacks if needed
- Example: Electrolyte drink, orange slices, or a granola bar

✅ **Post-Game Recovery Meal**
- Helps your brain and body recover faster
- Example: Salmon, roasted sweet potatoes, and spinach salad

🚀 **Quick Nutrition Tip**

For instant mental clarity, drink a glass of water and eat a handful of nuts or fruit—it's a fast way to refuel your brain when you feel sluggish.

🏆 **Bottom Line:** Your brain is an elite athlete too—feed it well. Eating the right foods keeps you mentally sharp, focused, and ready to perform at your highest level.

ELEVATE • YOUR • GAME