Start every training session and game well fed and hydrated. Focus on carbohydrates and fluids.

**Early morning game?** It’s even more important to eat well the night before.

### 2-3 hours before: Pre-game meal

Choose high carbohydrate, moderate protein and low-fat options.
- Pasta, rice, bread, potatoes
- Turkey and cheese sandwich, apple, chocolate milk
- PB & J, banana slices, low fat milk
- Small salad with chicken, Greek yogurt with berries
- Scrambled eggs, toast, calcium fortified orange juice
- Oatmeal with brown sugar, almond, banana
- Cottage cheese/yogurt with granola and fruit

**Hydrate:** 16-20 ounces water

**Tips**
- Fatty foods slow digestion. This decreases energy and makes you feel sluggish. Skip burgers, fries and pizza before a game.
- Avoid sugary snacks before activity. The spike in blood sugar is followed by a crash!
- Keep your pre-game eating routine the same, just like your warm-up.
- Experiment with different foods and beverages to determine the right fit.

### 1-2 hours before: Pre-game snack

Keep your blood sugar stable to provide energy and mental clarity.

Easily digestible carbohydrates work best:
- Fruits
- Graham crackers
- Dry cereal
- Pretzels
- Energy bar
- Fruit puree pouch

**Hydrate:** Continue hydration with water

### Game time

Stay on top of your fluids. Frequent, small drinks throughout the day is best. Dehydration is detrimental to performance.
- 2-3 big gulps every 20 minutes

**Hydrate:** Sports drinks work best during a game/training lasting more than 60 minutes.

### 30 minutes after post game

The sooner you get your post-workout nutrition, the quicker you recover, which is especially important during tournament weekends. Plan ahead and have a snack in your bag.

**Refuel with carbs (60 grams)**
- 20oz chocolate milk + banana
- Meal replacement bar or shake
- Fruit smoothie with yogurt or protein added

**Hydrate:** 20 ounces fluid

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Stanford Children’s Health
Children’s Orthopedic and Sports Medicine Center
Meal Plan by Training Intensity

Whole Grains
- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes

Vegetables and Fruit
- Raw Veggies
- Cooked Veggies
- Veggie Soups
- Fresh Fruit

Lean Protein
- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g., Tofu Tempeh)
- Legumes/Nuts

Locations

**Emeryville**
Specialty Services
6121 Hollis St, Ste 2
Emeryville, CA 94608

**Los Gatos**
Stanford Children’s Health
555 Knowles Dr, Ste 201
Los Gatos, CA 95032

**Palo Alto**
Mary L. Johnson
Specialty Services
730 Welch Rd
Palo Alto, CA 94304

Lucile Packard Children’s Hospital Stanford
725 Welch Rd
Palo Alto, CA 94304

**Pleasanton**
Specialty Services
5000 Pleasanton Ave
Ste 200
Pleasanton, CA 94566

**San Francisco**
Sutter Health CPMC
3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

**Sunnyvale**
Orthopedic Care and Motion
& Sports Performance Lab
1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

**Walnut Creek**
Specialty Services
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

Contact Us

Call (844) 41-ORTHO (67846) for appointments and more information, or visit us online at ortho.stanfordchildrens.org.