

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
- Pretzels
- Graham crackers
- Energy bar
- Dry cereal
- 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)**

**Rebuild with protein (15-20 grams)**

- 20oz chocolate milk + banana
- Meal replacement bar or shake
- Fruit smoothie with yogurt or protein added

**Hydrate: 20 ounces fluid**

## 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 ■

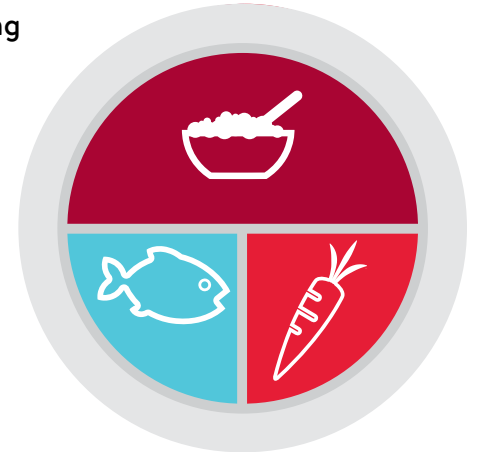
- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g., Tofu Tempeh)
- Legumes/Nuts



Easy Training



Moderate Training



Hard Training/Race Day



## Locations

### Burlingame

1720 El Camino Real  
Suite 122  
Burlingame, CA 94010

### Palo Alto

730 Welch Road  
Palo Alto, CA 94304

### Pleasant Hill<sup>+</sup>

3480 Buskirk Avenue  
Suite 125  
Pleasant Hill, CA 94523

<sup>+</sup> In partnership with John Muir Health

### Pleasanton

5000 Pleasanton Avenue  
Suite 200  
Pleasanton, CA 94566

### San Francisco

1100 Van Ness Avenue  
7th Floor  
San Francisco, CA 94109

### Sunnyvale

1195 West Fremont Avenue  
2nd Floor  
Sunnyvale, CA 94087

## Contact Us

Call **(844) 41-ORTHO (67846)** for appointments and more information, or visit us online at [ortho.stanfordchildrens.org](http://ortho.stanfordchildrens.org).