Three macronutrients to know:

1. Carbohydrates: Critical fuel for your body
   - Fill up 3–4 hours before activity (1–2 grams per pound of body weight)
   - Snack on easily digestible carbs 1 hour before game time if you can tolerate it
   - Replenish after activity (.5–1 grams per pound of body weight)
   - Examples: bread, fruit, sports drinks

2. Fats: Back-up energy source
   - Our body uses fats for energy when intensity is low and also when carbohydrates run out (which you don’t want)
   - Examples: avocado, cheese, oils

3. Proteins: Allow muscles to grow and recover after exercise
   - Eat about 20 grams every 3 hours
   - Examples: chicken, egg whites, tuna
**Game day meal plan**

<table>
<thead>
<tr>
<th>Time</th>
<th>Food Examples</th>
<th>Fluids</th>
<th>Macronutrients</th>
</tr>
</thead>
</table>
| Breakfast (2–3 hours before game)            | Bagel with cream cheese or peanut butter, 1 egg, fruit                       | 20 oz. water                             | • Carbohydrates  
• Protein  
• Fats                                   |
| Pre-game snack (30 min.–1 hour before game) | Nonfat Greek yogurt and whole-grain cereal or fruit                         | 8 oz. water                              | • Carbohydrates  
• Protein                                  |
| Post-game recovery (immediately after game) | 8 oz. chocolate milk or smoothie with protein source (milk, yogurt, or protein powder) | 16 oz. water or 12–16 oz. sports drink | • Carbohydrates  
• Protein                                  |
| Lunch                                        | Chicken burrito on whole-wheat tortilla, rice and beans, avocado and veggies | 8 oz. water or 8 oz. lemonade            | • Carbohydrates  
• Protein                                  |
| Dinner                                       | Whole-wheat pasta with tomato sauce and meatballs, side of broccoli with cheese, dessert | 8 oz. water                             | • Carbohydrates  
• Protein  
• Fats                                   |

**Locations**

- **Emeryville**
  6121 Hollis St, Ste 2
  Emeryville, CA 94608

- **Los Gatos**
  555 Knowles Dr
  Los Gatos, CA 95032

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

- **Pleasanton**
  5000 Pleasanton Ave, Ste 200
  Pleasanton, CA 94566

- **San Francisco – California Pacific Medical Center**
  3801 Sacramento St
  2nd Floor, Ste 216
  San Francisco, CA 94118

- **Sunnyvale – Motion & Sports Performance Lab**
  1195 West Fremont Ave
  2nd Floor
  Sunnyvale, CA 94087

- **Walnut Creek – John Muir Medical Center**
  106 La Casa Via, Ste 240
  Walnut Creek, CA 94598

We help young athletes perform their best, on and off the field. Call us at **(844) 41-ORTHO** or visit [ortho.stanfordchildrens.org](http://ortho.stanfordchildrens.org) to learn more about our Orthopedic and Sports Medicine Center.