

Game Day Nutrition Tips for Young Athletes



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

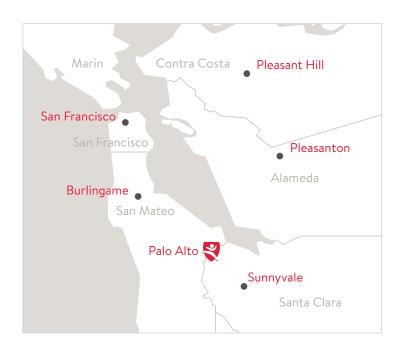
- Our body uses fats for energy when intensity is low and also when carbohydrates run out (which you don't want)
- Examples: avocado, cheese, oils

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

Time	Food Examples	Fluids	Macronutrients
Breakfast (2–3 hours before game)	Bagel with cream cheese or peanut butter, 1 egg, fruit	20 oz. water	CarbohydratesProteinFats
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

Burlingame

1720 El Camino Real Suite 122 Burlingame, CA 94010

Palo Alto

730 Welch Road Palo Alto, CA 94304

Pleasant Hill*

3480 Buskirk Avenue Suite 125 Pleasant Hill, CA 94523

+ 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

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