



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	<ul style="list-style-type: none"> • Carbohydrates • Protein • Fats
Pre-game snack (30 min.–1 hour before game)	Nonfat Greek yogurt and whole-grain cereal or fruit	8 oz. water	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Carbohydrates • Protein
Lunch	Chicken burrito on whole-wheat tortilla, rice and beans, avocado and veggies	8 oz. water or 8 oz. lemonade	<ul style="list-style-type: none"> • Carbohydrates • Protein
Dinner	Whole-wheat pasta with tomato sauce and meatballs, side of broccoli with cheese, dessert	8 oz. water	<ul style="list-style-type: none"> • 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

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

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