Game Day Nutrition

Children's Orthopedic and Sports Medicine Center

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

Fruit puree pouch

CEREAL

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

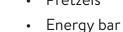
The sooner you get your post-workout nutrition, the quicker you recover, which is especially important during tournament weekends. Plan ahead and have a snack in your bag.

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

Pretzels





Stanford

Meal Plan by Training Intensity

Whole Grains

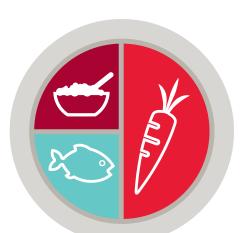
- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes

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





John Muir Health Marin Contra Costa Walnut Creek Sutter Health Emeryville CPMC San Francisco San Francisco Pleasanton San Mateo Palo Alto Lucile Packard Children's Hospital Stanford Sunnyvale Santa Clara Los Gatos

Contact Us

Call (844) 41-ORTHO (67846) for

appointments and more information, or visit us online at ortho.stanfordchildrens.org.



Locations

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Palo Alto

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

- + In partnership with Sutter Health CPMC
- ++ In partnership with John Muir Health Walnut Creek Medical Center

Pleasanton

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Sunnyvale

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

Walnut Creek**

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