

NUTRITION

Young Athlete Center



Proper diet should be a vital part of any athlete's training regimen. Eating the right foods at the right times will help improve your performance.

While new foods can be introduced in training, it is not recommended on game days. Everyone digests foods differently and some can cause GI discomfort in certain people. Your body gets energy from food in three main forms: carbohydrates, protein, and fat.

GAME DAY FOODS

CARBS

- Whole wheat tortillas
- Bagels with low fat cream cheese
- Oatmeal, cereal
- Whole wheat bread, rolls
- Granola bars, energy bars -does contain protein
- Potatoes, pasta, rice
- Crackers, Goldfish, animal crackers, pretzels
- Oatmeal raisin cookies
- Fresh fruit, dried fruit
- Yogurt (and granola) - does contain protein
- Milk - does contain protein

PROTEINS

- Eggs, turkey sausage
- Peanut butter
- Nuts
- Trail mix
- Jerky
- Chicken, turkey, leaner cuts of beef, fish, etc.
- Cheese, string cheese
- Lunchmeat including chicken, turkey, etc.

CARBS

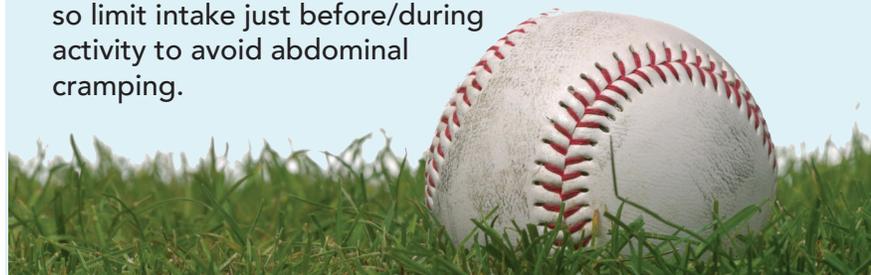
- Primary fuel during physical activity
- Muscles, liver and blood need adequate amounts for peak performance.
- Eat adequate amounts every day instead of "carb-loading" the night before.
- Consume during activity to help improve performance, and after to replenish.

FAT

- Needed for energy demands of growth, development and endurance.

PROTEIN

- Needed for muscle growth/rebuilding and recovery after an event.
- Slows digestion of carbohydrates, so limit intake just before/during activity to avoid abdominal cramping.



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GAME DAY NUTRITION TIPS

HYDRATION

- Fluids should be consumed before, during and after activity
- Water is the best source for proper hydration
- Sports drinks should be consumed in moderation
- Avoid energy drinks, carbonated beverages, and caffeinated beverages

PREGAME MEAL/SNACK

- Eat 3-4 hours prior to game, including whole grain carbohydrates and lean proteins, while drinking 17-20 ounces of water
- Have a snack 30-60 minutes prior to the game with carbohydrates (30-60 grams) and moderate protein (14 grams or less) with 5-10 ounces of water

MIDGAME SNACK

- Carbohydrates should be provided if activity lasts over an hour
- Snack should have small amounts of protein, while being low in fat and fiber.
- 5-10 ounces of water for every 15-20 minutes of activity

POSTGAME MEAL/SNACK

- Eat within 30 minutes of completion of activity, followed by a full meal within two hours
- Choose food high in carbohydrates with some lean proteins and some healthy fats
- Drink plenty of water to rehydrate

FOODS/BEVERAGES TO AVOID ON GAMEDAYS

- High-fat foods (high-fat meats, heavy sauces/creams, fried foods, buttery foods, desserts)
- High-fiber foods (whole grains very high in fiber, beans, cruciferous vegetables- broccoli, cauliflower, Brussels sprout, cabbage, greens, etc.)
- Carbonated beverages, sugary beverages and fluids containing more than 8 percent carbohydrate (juice, soda, sweet tea, energy drinks, etc.)

