**Game Day Fueling Plan for Athletes**

**The Night Before Event**

* Eat a high carbohydrate meal
* Be sure to drink plenty of fluids – NO CAFFIENE
* Get at least 7-8 hours of sleep
* Avoid foods that are unfamiliar or have spices/seasoning that are not a normal part of their diet.

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| **Sample Menu for Night Before Event** |

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| Teriyaki chicken rice bowl   * 1-2 cups brown rice * 4-6 oz chicken * Mixed vegetables * Low fat milk | Spaghetti and meat sauce   * 1-2 cups whole wheat pasta * 1 cup spaghetti sauce * 3-4 oz lean meat * Italian bread * Salad with low-fat dressing | Soft tacos   * 3-4 whole wheat tortillas * 1-2 cups rice * 3-4 oz lean ground meat or grilled chicken * Cheese, lettuce, tomato |

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| **Sample Evening Snack for Night Before Event** |

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| Peanut butter sandwich | Low-fat popcorn | Yogurt parfait |
| Pretzels with string cheese | Cereal with milk | Trail mix or granola bar |
| Banana and peanut butter | Crackers and cheese | Fruit |

**Pre-Game Meal**

* 3-4 hours prior to event
* Eat a meal high in whole grain carbohydrates, lean protein, and healthy fat.
* Should be foods that are familiar and easy to digest
* Be sure to have at least 20 ounces of fluids (avoid caffeinated beverages)
* Desserts like ice cream or a fruit pie are better than cake or anything that is all sugar

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| **Sample Pre-Game Meals** |

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| Grilled chicken   * 3-4 oz grilled chicken * Sweet or baked potato with toppings of choice (watch high fat choices) * 1 cup vegetables | Grilled fish   * 3-4 oz grilled fish * 1-2 cups mashed potatoes * 1 cup vegetables | Sandwich   * 3-4 oz ham, turkey, chicken or roast beef sandwich on whole wheat bread with cheese * Baked Lays or pretzels |

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjYkbSJi5fZAhXC7oMKHdT0ALkQjRx6BAgAEAY&url=http://www.cookinglight.com/healthy-living/foods-bad-for-brain-health&psig=AOvVaw1DXKrHH4kVNtm6W3Kn_z_r&ust=1518205670588845)

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjM46OmiZfZAhVn2IMKHcxcAbEQjRx6BAgAEAY&url=http://www.inspiredtaste.net/8297/pan-roasted-chicken-with-thyme-recipe/&psig=AOvVaw0a58G_IA1xCmoOEbWOORNZ&ust=1518205182476076)

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**1 Hour Before Game**

* Be sure to have snack high in carbohydrate
* Avoid foods that are high in protein or fat (they take a while to digest and may upset your stomach)
* Drink another 8-10 oz of water
* Ideas for snacks:
  + Peanut butter sandwich
  + Pretzels or crackers
  + Fruit
  + Granola bar
  + Low-fat yogurt

**Game Time**

* Try to drink 4 oz of cold water every 15-20 minutes of participation
* For continuous activity lasting longer than 60 minutes drink 20-32 oz of a diluted sports drink for every hour of exercise to keep fuel stores and electrolytes balanced

**Post-Game**



* For optimal performance, remember the **Three R’s**:

**Refuel ->** As soon as you able after exercise; within 15-60 minutes

**Rehydrate ->** Drink fluids with some carbohydrate in them

* Chocolate milk
* Gatorade

**Replenish ->** Have a well-balanced meal 1-2 hours following exercise

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| **Sample Post Game Meals** |

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| Waffles, Pancakes   * Butter, syrup * Peanut butter   Eggs-Omelet   * With veggies * Meat   Potato   * Wedges * Light home fries | Spaghetti and meat sauce   * 1-2 cups whole wheat pasta * 1 cup spaghetti sauce * 3-4 oz lean meat * Italian bread   Salad with low-fat dressing  Pizza | Whole wheat pita   * 3-4 whole wheat tortillas * 1-2 cups rice * 3-4 oz lean ground meat or grilled chicken * Beans * Cheese, corn, lettuce, tomato |

**For more information visit:**

Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)

Moms Team Institute of Youth Sports Safety [www.momsteam.com/nutrition](http://www.momsteam.com/nutrition)

As an added resource, the staff at **Children’s Sports Medicine** is available to diagnose and treat sports-related injuries for youth and adolescent athletes. To make an appointment, call **402-955-PLAY (7529).**