



FILL YOUR TANK

Start every training and game well fed and hydrated. Focus on carbohydrates and fluids

Early morning game? Even more important to eat well the night before

PRE-GAME MEAL

High Carbohydrate - Moderate Protein - Low Fat

- 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 feeling sluggish. Skip the burger, 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

2-3

HOURS BEFORE



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
- Pretzels
- Energy bar
- Fruit puree pouch

Continue hydration with water

GAME TIME

HYDRATE: Sports drinks work best during a game/training lasting more than 60 minutes.

2-3 big gulps every 20 minutes

Stay on top of your fluids.
Frequent, small drinks throughout the day is best.
Dehydration is detrimental to performance

GAME
TIME

POSTGAME

30 MIN

POST-GAME

Refuel with carbs (60 grams)

Rebuild with protein (15-20 grams)

Rehydrate with fluid (20 ounces)

- 20oz chocolate milk + banana
- Meal replacement bar or shake
- Fruit smoothie with yogurt or protein added

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

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



Easy Training



Moderate Training



Hard Training/Race Day



Locations

Emeryville

6121 Hollis St, Ste 2
Emeryville, CA 94608

Los Gatos

555 Knowles Dr
Los Gatos, CA 95032

Lucile Packard Children's Hospital Stanford

725 Welch Rd
Palo Alto, CA 943048

Palo Alto

730 Welch Rd
2nd floor
Palo Alto, CA 943048

Pleasanton

5000 Pleasanton Ave, Ste 200
Pleasanton, CA 94566

San Francisco -

Sutter Health CPMC
3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

Sunnyvale - Motion &

Sports Performance Lab
1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

Walnut Creek -

John Muir Medical Center
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

Contact Us

Call (844) 41-ORTHO for appointments and more information, or visit us online at ortho.stanfordchildrens.org.