

Game Day Nutrition Tips for Young Athletes



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

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 94304

Palo Alto

730 Welch Rd
2nd floor
Palo Alto, CA 94304

Pleasanton

5000 Pleasanton Ave, Ste 200
Pleasanton, CA 94566

San Francisco – California Pacific Medical Center

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

We help young athletes perform their best, on and off the field. Call us at **(844) 41-ORTHO** or visit ortho.stanfordchildrens.org to learn more about our Orthopedic and Sports Medicine Center.