



### Pre-event Suggestions

1-2 hrs before	2-3 hrs before	3 or more hrs before
Fruit or vegetable juice	Fruit or vegetable juice	Fruit or vegetable juice
Fresh fruit	Fresh fruit	Fresh fruit
Melon, cherries	Melon, cherries	Melon, cherries
	Breads and bagels	Breads and bagels
	English Muffins	English Muffins
	Peanut butter, lean meat	low-fat cheese
	Cereal with low-fat (1%) milk	Low-fat yogurt
		Baked Potato

### All Day Events

During all day competition and training, carbohydrate foods and drinks may delay the onset of fatigue. However, if eating at concessions stands, these choices may be difficult to find. Bringing foods from home is a good alternative to the snack bar. Listed below are “good” and “bad” foods for competition. “Bad foods will stay in the stomach longer and impair performance. Drinking plenty of water and fluids is VERY IMPORTANT.

Good Food	Bad Food
Bagel	Candy Bars
Bananas	Doughnuts
Fruit Juice	French Fries
Muffins	Hot Dogs
Pretzels (hard or soft)	Nacho/Potato Chips
Sports Drinks (No more than 6-8% carbohydrate or 15-18 grams of carbs per cup. If more than this, drinks must be diluted with water.	Soda

### After the Game

As soon as the kids stop exercising, give them water to replace body fluids. Also give them complex carbohydrate sources to replenish their glycogen stores. The body is most efficient at absorbing and storing energy (glycogen) during the first 4 to 5 hours after exercise. The after game meal is probably most important than the pre-event meal because it determines how much energy the athlete will have for the next game or training session. Immediately after training or competing, consider having the young athlete choose from the following suggestions:

- “ Medium bagel (50 grams carbohydrate)
- “ Pretzels (23 grams carbohydrate per one ounce)
- “ Fruit yogurt (40 grams carbohydrate per 8 ounces)
- “ Large banana (40 grams carbohydrate)
- “ Cranberry-apple juice (43 grams carbohydrate per 8 ounces)
- “ Orange juice (28 grams carbohydrate per 8 ounces)

About 2 hours after exercising, kid athletes should eat a meal that contains mostly carbohydrate: yogurt and fruit, cheese and bagel, vegetable pizza, or spaghetti and meat sauce. You can follow the guidelines given for pre-event meals and include more protein and fat.

## Meals on the Go

Convenience foods are often chosen because of tight time schedules. Although the amount of time available may seem to outweigh nutrition considerations, the two need not conflict. Fast food chains are becoming more health conscious and offering a wider variety of healthier foods. When stopping at the fast-food restaurant, remember to focus on finding low-fat, high carbohydrate foods. Be a role model yourself!!! Providing young athletes with food guidelines will help them to pick out high-performance foods from almost any menu or food aisle. Of course, it is also important to let kids be kids!! An occasional ice cream cone, candy bar or bag of chips is completely acceptable. However, they should be eaten only occasionally in addition to high-performance foods, not in place of them. The following gives some suggestions:

Good Choice!!!	Stop and Think Again
Pancakes and syrup	Biscuit with egg, cheese, and bacon
Low-fat (1%) milk	Whole milk
Orange Juice	Soda
Baked Potato with chili	Hot dog with chili and cheese
Garden salad with ¼ packet of dressing	Onion Rings/French Fries
Low-fat yogurt milkshake	Chocolate shake
Thick-crust vegetable pizza	Double cheese, &/or Pepperoni pizza
Bread sticks	Fried mozzarella cheese
Single hamburger	Double cheeseburger
Turkey sandwich	Fish and Chips
Spaghetti with tomato sauce	Fried chicken
Bread with 1 pat of butter	Mashed potatoes with butter and gravy
Fruit cup	Biscuits and butter

## Strolling down the grocery aisles

Creamy	Crunchy	Juicy
Banana	Apple	Berries
Low-fat cheese	Carrots	Oranges
Peanut butter	Cereal	Peaches
Pudding	Crackers	Plums
Yogurt	Popcorn	Watermelon