

Sports Nutrition for enhancing energy, performance, and muscle recovery:

Pre game or pre-practice meal ideas:

For morning games: (eat an hour before)

- Oatmeal with fresh blueberries or banana
- Whole grain waffles with orange juice
- Yogurt with fresh fruit
- Bagel with cream cheese or peanut butter and a banana
- Scrambled eggs or an Omelet with English muffin
- egg sandwich (like egg McMuffin or bagel with egg and cheese)



“Pre-game” or “pre-practice” snacks: (1 hour before)

- Bagel
- 100% juice and a protein bar or granola bar
- peanut butter and jelly sandwich on whole grain bread
- Whole grain crackers with peanut butter
- Dried fruit (raisins, banana chips, pineapples) /nuts trail mix
- Rice cakes
- Piece of fresh fruit (banana, apple, grapes)
- Turkey sandwich on pita or whole wheat bread
- Protein or granola bar

Post game Snacks: (ideally a snack should be eaten within 30 minutes of game or practice to speed up muscle recovery.)

- Peanut butter and Jelly sandwich
- Chocolate milk and whole wheat mini bagel
- Wholegrain crackers, cheese, and fruit
- ½ sandwich on a whole grain roll, pita or bread
- Rice cakes with peanut butter
- Dried fruit/nuts
- Granola or protein bar

I realize that it may be hard to have these types of food while at the tournament so I suggest packing a snack to take with you from your host family or your parents may bring one to give you at the field.



Things you don't want to eat before a game!

- Candy
- Doughnuts
- Fried foods,
- Ice cream
- Soda
- High sugar cereals/snacks

These can cause cramps and make you feel sluggish soon after the initial burst of energy is gone.

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