



OhioHealth Sports Medicine for Student Athletes

Youth Tournaments

What to eat

Just as you train with a variety of workouts, you need to train with fuels as well. Try different foods during training to determine what will work best for competition. It is not recommended to try new foods the day of competition.

	Foods	Fluids
Breakfast (2-4 hours before your first game or event)	<ul style="list-style-type: none"> + Cereal and low-fat milk, banana, 100% juice + Peanut butter and jelly sandwich, non-fat milk + Yogurt and granola, strawberries, water + Pancakes/French toast, syrup, bananas, low-fat milk + Breakfast wrap- scrambled eggs, cheese and salsa, 100% fruit juice 	16-24 oz. of fluids: <ul style="list-style-type: none"> + Water + Low-fat milk + 100% juice
Pre-game snack (30-60 minutes before)	<ul style="list-style-type: none"> + Granola bar + Pretzels and banana + Fig bars + Graham crackers + Bagel + Homemade trail mix – dried fruits, cereal, and nuts 	5-10 oz. (5-10 gulps 20 minutes before) <ul style="list-style-type: none"> + Water
During Play	3-5 oz. water every 15-20 minutes	
If playing continuously >60 minutes or in very hot & humid conditions, then...	<ul style="list-style-type: none"> + Granola bar + Sports drink 	<ul style="list-style-type: none"> + Water + Sports drink
After- Recovery Snack	<ul style="list-style-type: none"> + Bagel, banana, low-fat chocolate milk + Crackers, cheese sticks, water 	<ul style="list-style-type: none"> + Water (drink until not thirsty, than have a couple more sips)

Created by Dawn Holmes, MS, RD, LD (Dawn.Holmes@OhioHealth.com)

(Continued on back)

(Continued from front)

	Foods	Fluids
Recovery Lunch if >3 hours before your next game/event	<ul style="list-style-type: none"> + Turkey and cheese sandwich on whole grain bread, fruit cup, and pretzels + Sub sandwich – ham or turkey, cheese, sliced cucumbers or bell peppers, yogurt parfait + Tuna salad lunch kit with crackers, cherry tomatoes 	<ul style="list-style-type: none"> + Water + Low-fat chocolate milk + Low-fat milk + 100% juice
Rest between games	Granola bars, cereal bars, crackers, fruits – if hungry or a couple hours between games/events	+ Sips of water
Pre-game snack	<ul style="list-style-type: none"> + Banana + Pretzels + Graham crackers 	+ Water or sports drink
During Play	3-5 oz. water every 15-20 minutes	
If playing continuously >60 minutes or in very hot & humid conditions, then...	+ Granola bar	<ul style="list-style-type: none"> + Increase Water + Increase Sports drink
Recovery	<ul style="list-style-type: none"> + Peanut butter and jelly sandwich + Smoothie + Dry cereal and nuts + Trail mix 	<ul style="list-style-type: none"> + Water + Chocolate Milk
Dinner	<p>Meal Ideas: (Repeat in 2 hours if competing the next day.)</p> <ul style="list-style-type: none"> + Burrito or rice bowl - rice, chicken/pork/beef, vegetables, and salsa, easy on the sour cream and cheese. Add tortilla chips and guacamole. + Subs – whole grain bread, turkey/chicken/roast beef, veggies, cheese, mustard/ketchup/touch of mayo, and pretzels. + Baked/grilled chicken/fish/lean beef, broccoli and brown rice, whole grain roll, low-fat milk or frozen yogurt. + Grilled chicken sandwich, lettuce, tomato, low-fat mayo, baked potato wedges, and an orange. + Pasta w/low-fat meat sauce and garden vegetables, bread sticks, and sorbet. 	<ul style="list-style-type: none"> + Milk + Water + Low-calorie electrolyte drink

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NEED MORE INFO?

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We offer same-day appointments for injured athletes.

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