1. Glycogen gives the muscle fuel, mainly made from carbohydrate-containing food
2. Very important that meal is high in carbohydrates
3. Vitamins and minerals help transform the carbs into energy, another important part of the pre-game meal
4. Food takes energy to digest, make sure food is digested before your game, 2 to 3 hrs.
5. High fat foods will not leave the stomach or metabolize quick enough to give you energy.
6. High sugar foods give you an initial rush of energy but leave you sluggish or irritable by game time
7. SOMETHING IS BETTER THEN NOTHING!

Eating something, even if it does not fit these rules, is better than not eating

Breakfast
- Cream of wheat with fresh bluberries
- French toast and orange juice (avoid too much syrup)
- Granola and milk/yogurt and 1/2 grapefruit
- Hashbrowns and scrambled eggs

Lunch/Dinner
- Bagel sandwich and lemonade
- Baked potato with vegetable and sour cream toppings
- Black bean soup and quesadillas
- Chicken noodle soup and apple slices
- Fish tacos
- Fried rice with shrimp and steamed broccoli
- Lentil soup and spinach salad
- Macaroni and cheese, carrots and celery, applesauce
- Mashed potatoes, salad, and baked chicken
- Minestrone soup and turkey sandwich
- Moo shu vegetables with rice
- Nori rolls or sushi

*recipes are available for many of these options in "Feeding the Young Athlete" by Cynthia Lair*
Pre Game Meal

Foods When Traveling
- Deli sandwiches or pasta
- Hero Sandwich
- Wrap sandwiches (vegetables, rice, beans, etc.)
- Bean burritos, fish or chicken tacos
- Chinese or Thai food
- Japanese food

Early Morning Game
- Eat excellent dinner night before (see pre-game meal options)
- Small snack an hour before bed
  * Popcorn, tortilla chips and salsa, crackers and cheese, oatmeal cookie, fruit smoothie
  * NO candy, soda, or ice cream
- Pre-game snack/mini breakfast 1 to 2 hours before game
  * Bagel, muffin, scone, or toast
  * Small amount of yogurt or fruit
  * Big glass of water

Poor Choices for Pre or Post-Game Meals
- Caffeine: chocolate, coffee, latte, soda pop, frappuccino
- Candy
- Cheeseburgers, hamburgers
- Doughnuts and pastries
- French fries
- Fried chicken or fried fish sandwiches
- Fructose, high-fructose, high-fructose corn syrup
- Highly sugared, refined cereals
- Milkshakes and ice cream
- Pizza (especially pepperoni or double cheese)