

# Pre-Game Snacks

## Good Pre-Game Snacks for High School Athletes before High Intensity Sports

When you're getting ready for high-intensity activities such as soccer, basketball, or lacrosse, having the right mix of nutrients at the right time is key to maximizing your performance and competitive edge. By following these nutrition guidelines, teen athletes will be fully hydrated, fueled, and feel great for the big game!

The rule of thumb is to eat half of the calories that you expect to burn during the game. If you anticipate burning 600 calories, then eat 300 calories at the pre-game meal. Make sure 50-60% of your calories come from carbohydrates.

**3-4 hours before a game** eat a nutritionally balanced meal. Make sure your meal has good quality carbohydrates such as fruit, whole-grain, or low-fat dairy products along with a high-quality protein. Perfect game day meals include:

- Deli sandwich (turkey or lean ham)+ banana
- Pancakes + egg whites
- Chicken stir-fry
- Spaghetti with tomato meat sauce
- Peanut butter and jelly sandwich with pretzels
- Drink plenty of water

**2-3 hours before a game** - here are some ideas:

- Yogurt with nuts and cereal
- Bagel with cream cheese and jam
- Milk and cereal
- Be sure to include water

**1-2 hours before a game** have a 100-200 calorie carbohydrate snack - here are some ideas:

- Granola bar
- Yogurt + fruit
- Fruits
- Whole-wheat bagels
- Pretzels
- Bagel with low-fat cream cheese
- Cereal
- Whole grain crackers
- Be sure to include water



Getting enough water to keep hydrated is also important! Athletes should begin drinking fluids during the day and within the hour before a practice or game. Replace sweat losses by drinking fluids regularly during exercise. 16-24oz (that's 2-3 cups) of fluid is required for every pound of body weight loss during exercise. Also, rehydrate after exercise to replace weight lost as fluid.

