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PreGame Meal Planning

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What you eat every day can have a big effect on how you perform

What you eat right before an event can be critical

Wrong choices can be disastrous

Right choices can give you that competitive edge

It is important to plan your meals every day for peak performance

While the pregame meal can supply your body with significant amounts of energy, don't expect it to supply all of the energy you'll need for the event. You should eat the right kinds of food for several days before the event to charge up your muscles with glycogen. Glycogen is a key energy source your muscles use during most sports activities. Although the pregame meal won't cause large increases in muscle glycogen, it will:

HELP AVOID HUNGER DURING THE EVENT

STABILIZE BLOODSUGAR LEVELS AND ADD SOME FOOD ENERGY TO
COMPLEMENT EXISTING ENERGY
STORES OF MUSCLE GLYCOGEN

HYDRATE THE BODY (SUPPLY WATER TO THE BODY'S CELLS)

PREVENT GASTROINTESTINAL UPSET OR OTHER ADVERSE REACTIONS
TO FOOD PREGAME GUIDELINES

PreGame Guidelines

ALLOW ENOUGH TIME FOR DIGESTION.
EAT THE MEAL AT LEAST THREE HOURS BEFORE AN EVENT.

CHOOSE A MEAL THAT'S HIGH IN STARCH. STARCH IS EASY TO DIGEST AND
HELPS STEADY THE LEVELS OF BLOOD SUGAR.

LIMIT FATS AND OILS. THEY TAKE TOO LONG TO DIGEST.

RESTRICT SUGARY FOODS. SWEETS CAN CAUSE RAPID ENERGY SWINGS IN
BLOOD-SUGAR LEVELS AND RESULT IN LOW BLOOD SUGAR AND LESS ENERGY.

WATCH OUT FOR FOODS THAT PRODUCE GAS.
CERTAIN RAW VEGETABLES, FRUITS, OR BEANS MAY
CAUSE PROBLEMS FOR SOME YOUNG ATHLETES.

SUGGESTED MEAL PLANS

Here are some nutritious pregame meal plans that fit the pregame guidelines. At least three of the five major food groups are represented in each meal. These meals are only suggestions. You can probably think up many more that you would like to eat.

1 = Dairy 2 = Meat, Poultry, Fish, egg 3 = Vegetables 4 = Fruit 5 = Breads,Pasta

MEAL 1

cereal (5)
banana slices (4)
milk (1)
toast/jam (5)
pineapple juice (4)
water

MEAL 2

chicken noodle soup (2,3)
crackers (5)
orange (4)
low-fat yogurt (1)
water

MEAL 3

poached egg (2)
toast/jam (5)
milk (1)
orange juice (4)
water

MEAL 4

pancakes (5)
applesauce (4)
milk (1)
grape juice (4)
water

MEAL 5

turkey sandwich/bread (2,5)
with lettuce (3)
apple (4)
milk (1)
tomato juice (3)
water

MEAL 7

pasta/tomato sauce (5,3)
bread (5)
yogurt (1)
orange juice (4)
water

FOODS TO CHOOSE

Pasta Macaroni, spaghetti, noodles, ravioli, etc. (plain or with sauce)	Use a sauce low in fat and only as spicy as you can tolerate easily. Meats, cheese, and oil add fat to the sauce. Use them sparingly.
Rice	Or try rice with a little soy sauce flavoring.
Potatoes, Baked, mashed, but not french fries	Limit butter, gravy, or sour cream.
Starchy vegetables ,peas, carrots, winter squash, sweet potatoes	Cooked vegetables are more easily digested.
Breads Rolls, muffins, crackers, quick breads, bagels	Use nutritious, low-fat bread products and spreads.
Cereals, Oatmeal, other hot cereals, cold cereals	Avoid cereals with high sugar content. Choose low-fat soups.
Soups, Noodle, rice, vegetable, clear broth, bouillon, or consomme	
Pancakes	instead of muffins
Fruits, fruit juices	Use any juice or cooked fruit except prune. Oranges, bananas, and peeled apples are easily digested raw fruits.
Milk products, Low-fat milk, low-fat yogurt, low-fat cottage cheese, low-fat cheeses, puddings,	Avoid high-fat milk products before games