



## OhioHealth Sports Medicine for Student Athletes

# Pre-game Meal Tips

### Pre-game meals:

The goal of a pregame meal is to top off the tank so athletes can power through their competition. Choose a carbohydrate-rich meal to provide the needed energy and include protein to provide satisfaction and aid in muscle recovery.

#### NEED MORE INFO?

To learn more about OhioHealth Sports Medicine, call **(614) 566-GAME (4263)** or visit **[OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)**.

We offer same-day appointments for injured athletes.

### 3-4 hours before competition:

- + Lean hamburger with lettuce and tomato, pretzels, mixed fruit, low-fat milk
- + Turkey/ham and cheese sandwich, apple, low-fat yogurt, water
- + Peanut butter and jelly sandwich, banana, non-fat milk
- + Grilled chicken sandwich, lettuce and tomato, baked potato wedges, grapes, water
- + Pasta with low-fat meat sauce and grilled vegetables, bread sticks, non-fat milk
- + Breakfast wrap – scrambled eggs, cheese and salsa, 100% fruit juice
- + Yogurt and granola, strawberries, water
- + Pancakes/French toast, syrup, bananas, pecans, 100% juice

### 30-60 minutes before competition:

- + Granola bar
- + Pretzels and banana
- + Fig bars
- + Graham crackers
- + Bagel
- + Sports drink or chews

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## OhioHealth Sports Medicine for Student Athletes

# Recovery Meal Tips

### Recovery meals:

For optimal recovery, fuel your body within 30 minutes of finishing. The body is primed for carbohydrates to restore fuel to your muscles and protein to make repairs. This is especially important for daily high-intensity or back-to-back workouts.

Shoot for 40-80 grams of carbohydrates and 10-20 grams of protein. Include fluids as well for rehydration and electrolytes.

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INFO?

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### 30 minute recovery ideas:

- + Chocolate milk (low-fat) 10-20 ounces, granola bar
- + Smoothie with low-fat yogurt, banana, berries, and splash of milk
- + Peanut butter and jelly sandwich, sports drink
- + 2 string cheese, whole-grain crackers, apple
- + Bagel with cheese or turkey, sports drink
- + Graham crackers, banana, low-fat milk

### Other meal ideas:

- + Burrito or rice bowl – rice, chicken/pork/beef/beans, vegetables, and salsa, easy on the sour cream and cheese. Add tortilla chips and guacamole. Water
- + Subs – whole grain bread, turkey/chicken/roast beef, veggies, cheese, and mustard/ketchup/touch of mayo. Add pretzels. Water or low-fat milk.
- + Baked/grilled chicken/fish/lean beef, broccoli and brown rice, whole grain roll, low-fat milk or frozen yogurt.

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