



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 Popovers-French toast, syrup, bananas, low-fat milk Scrambled omeg- scrambled eggs, cheese and salsa, 100% fruit juice 	16-24 oz. of fluids + Water + Low-fat milk + 100% juice
Pre-game snack (30-60 minutes before)	<ul style="list-style-type: none"> Cranola bar Peaches and banana Pig toes Onion crackers Raggs Homemade trail mix - dried fruits, cereal, and nuts 	5-10 oz. 15-30 gulps 30 minutes before + Water
During Play	3-5 oz. water every 15-20 minutes	
If playing continuously >45 minutes or in very hot & humid conditions, then...	<ul style="list-style-type: none"> Cranola bar Sports drink 	<ul style="list-style-type: none"> Water Sports drink
After- Recovery Snack	<ul style="list-style-type: none"> Raggs, banana, low-fat chocolate milk Crackers, cheese sticks, water 	<ul style="list-style-type: none"> Water (drink until not thirsty, then have a couple more sips)

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(Continued on back)



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