

1.2 What to Eat 1 -2 Hours Before Game Time

What to Eat 1 - 2 Hours Before Game Time		
Tier 1	Tier 2	Tier 3
Berries	Lean Roast beef or Hard-Boiled Egg	Instant oatmeal
Banana	Granny Smith Apples	Trail Mix w/ Chocolate (cocoa nibs work as well)
Plain Bagels + Nut Butter	Low/No Fat Cream Cheese	Low Fat Cheese
No Fat Yogurt w/ Granola	Mixed Nuts	Ready to Drink Protein Shake
Granny Smith Applesauce	Fat Free Greek Yogurt w/ Fruit Mixers	Low Fat Chocolate Milk
Turkey w/ Fat Free Cheese Stick	Yogurt Parfait Fast Food options	PB&J Sandwich
Rolled Oats	Dried Fruits	Candy (Snickers, Reese's pieces or PB cups)
Skim Milk		Protein Bars
Energy Balls/Bites		
BONUS OPTION <i>Oatmeal or Chocolate w/ Walnut Cookies - Great for Sustained energy and mental focus</i>		

**Table 1.2*

Often times we find ourselves in scenarios in which the most nutritious food options may not always be a possibility. The above chart does an excellent job breaking options down into a tier system. The optimal food option can be found under tier 1. Are none of the foods in tier 1 an option? No problem, there are always ways to work around chaotic schedules and practice locations. Look under tier 2 and 3 for a relatable food option.

Another Common Parent Question

Should my youth athlete eat and take a shake?

The surprising answer to this question is, yes. While this may seem like a bit much undereating is a very common problem among youth athletes and even impacts top performers in collegiate athletics as well. The reasons behind this vary but being prepared with additional calories to make sure your athlete is well fed and prepared for their events is of absolute importance. This shake can be a single scoop of protein