

GOOD IDEAS FOR BREAKFAST:

1 banana + 1 piece of toast w/peanut butter & honey (or fruit spread)

Fruit smoothie w/bananas + handful of granola

1 sm hard boiled egg (or egg fried w/o butter) + w/toast and honey

(Limit milk, it is hard to digest.)

GOOD LUNCH IDEAS:

1 banana + small peanut butter & honey sandwich + water

Fruit smoothie + small ham & cheese sandwich + water

No junk food, pop or candy.

You should always try to be all done eating at least 1 to 1½ hours before your game.

OTHER IMPORTANT THINGS:

Apply sunscreen often

Drink mostly water, sports drinks are not as good for hydration as water.

After your last game of the day chocolate milk is a good recovery drink.

After games a banana and a small handful of salty pretzels or crackers w/a small amount of peanut butter, are a better way to replace sodium and potassium than sports drinks.

Between games sit quietly in a shady cool spot and drink water to conserve energy and rehydrate.

If you feel dizzy or hot at any time tell your coach, manager or parent as soon as possible, especially if it is during a game. It is better to come out and cool down than to keep playing and make yourself sick.

Get good sleep the nights before your games. You will be happier if you are well rested and able to play your best.

NOTE: If you are on a special diet or following doctor's orders please stay with your diet and follow your doctor's orders.

The following is about how to eat after a game to “recover” and get to feeling and performing your best as quickly as possible.

The following is an excerpt from “Recovery Nutrition Guidelines After Hard Exercise” by Nancy Clark, MS RD CSSD (for Active.com)

You'll be able to perform better during repeated bouts of hard exercise if you have planned your recovery diet and have the right foods and fluids readily available to adequately replace calories, carbohydrates, [protein](#), fluids and sodium.

Carbohydrates

To replenish depleted blood sugar and muscle glycogen stores and recover from the demands of strenuous exercise, you should plan to consume carbohydrates as soon as tolerable, preferably within 30 minutes post-exercise. Muscles rely on carbs for fuel.

Athletes who weigh 100 to 200 pounds need 75 to 150 grams (300 to 600 calories) of carbohydrates repeatedly every two hours, for six hours. The trick is to plan ahead and have the right foods and fluids readily available for frequent snacking.

If you have trouble tolerating solid food after working out, experiment with liquid recovery foods, such as Instant Breakfast, Boost, chocolate milk or fruit smoothies--excellent sources of carbs and fluids, as well as a little protein.

Protein

Consuming some protein along with the carbs stimulates faster glycogen replacement. The protein also optimizes muscular repair and growth. Yes, you can buy commercial recovery foods, but you can just as easily and appropriately enjoy cereal with milk, fruit yogurt, and bagel with a little peanut butter or any other sports snacks that offer a foundation of carbs with an accompaniment of protein (i.e., 40 grams carbs, 10 grams protein – aim to get that 4 to 1 ration of carbs (4) to protein (1)).

Fluids

If you are thirsty it is too late, you've become very [dehydrated](#) (this will be indicated by scanty, dark urine), you may need 24 to 48 hours to totally replace this loss. Because thirst poorly indicates whether or not you've had enough to drink, throughout the day sip on water until your urine is pale yellow (like lemonade), not concentrated, dark (like beer).

Fruit juices, smoothies and milk shakes offer both nutritional and health value, more so than sports drinks. For example, orange juice contains 20 times more potassium than Gatorade.

Preventing dehydration during exercise is preferable to treating dehydration post-exercise. This can be prevented by drinking 8 oz. for every 15 minutes of exercise.

Sodium

When you sweat, you lose some sodium (a part of salt). Eating a small amount of salty foods (soup, pretzels, salted crackers, and table salt) is an appropriate part of a RECOVERY diet for most healthy athletes. Sports drinks are only a weak source of sodium compared to munching on salty snacks.

If you need to rapidly recover to prepare for a second bout of exercise within an hour or two and are worried about digestive problems, consuming a tried-and-true sports drink might be a safe choice. But if you can tolerate food, you'll be able to refuel and rehydrate better with higher-carb fluids (juices) along with salty snacks: crackers, pretzels--whatever else tastes good and digests comfortably.