



Pre-Event Meal Ideas

| 110 pounds (~ 160 gm CHO) | 135 pounds (~ 200 gm CHO) | 160 pounds (~ 230 gm CHO) | 185 pounds (~ 270 gm CHO) | 210 pounds (~ 300 gm CHO) |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 slices of bread 3 ounces roast beef 8 ounces milk large apple 12 ounces grape juice 1 handful of pretzels | 2 slices of bread 3 ounces roast beef 8 ounces milk large apple 16 ounces grape juice 2 handfuls of pretzels | 2 slices of bread 3 ounces roast beef 16 ounces chocolate milk large apple 14 ounces grape juice 1 handful of pretzels | 4 slices of bread 6 ounces roast beef 16 ounces chocolate milk large apple 16 ounces grape juice carrot sticks handful of pretzels | 4 slices of bread 6 ounces roast beef 16 ounces chocolate milk large apple 16 ounces grape juice handful of pretzels Clif bar |
| 6" hoagie roll 3 ounces ham lettuce, tomato 10 oz yogurt smoothie ¼ cup dried fruit ice cream sandwich | 6" hoagie roll 3 ounces ham lettuce, tomato 10 oz yogurt smoothie ¼ cup dried fruit ice cream sandwich 12 ounces orange juice | 6" hoagie roll 3 ounces ham lettuce, tomato 10 oz yogurt smoothie ¼ cup dried fruit ice cream sandwich 12 ounces orange juice | 12" hoagie roll 6 ounces ham lettuce, tomato 10 oz yogurt smoothie ¼ cup dried fruit ice cream sandwich 12 ounces orange juice | 12" hoagie roll 6 ounces ham lettuce, tomato 10 oz yogurt smoothie ¼ cup dried fruit ice cream sandwich 12 ounces orange juice |
| 1 cup spaghetti 3 oz meatballs with sauce 1 sl bread w/ 1 tsp margarine 8 oz orange juice 8 oz chocolate milk 8 oz pudding | 1 ½ cups spaghetti 3 oz meatballs with sauce 1 sl bread w/ 1 tsp margarine 8 oz orange juice 16 oz chocolate milk 8 oz pudding | 2 cups spaghetti 3 oz meatballs with sauce 1 sl bread w/ 1 tsp margarine 16 oz orange juice 16 oz chocolate milk 6 oz pudding | 2 ½ cups spaghetti 4 oz meatballs with sauce 2 sl bread w/ 1 tsp margarine 16 oz orange juice 16 oz chocolate milk 8 oz pudding | 2 ½ cups spaghetti 4 oz meatballs with sauce 3 sl bread w/ 3 tsp margarine 20 oz orange juice 16 oz chocolate milk 8 oz pudding |
| large tortilla 3 ounces turkey lettuce, tomato 16 ounces calcium-fort OJ large banana small bag potato chips | large tortilla 3 ounces turkey lettuce, tomato 16 ounces calcium-fort OJ large banana small bag potato chips 4 fig cookies | large tortilla 3 ounces turkey lettuce, tomato 16 ounces calcium-fort OJ large banana 8 oz chocolate milk small bag potato chips 4 fig cookies | 2 large tortillas 6 ounces turkey lettuce, tomato 16 ounces calcium-fort OJ large banana 8 oz chocolate milk small bag potato chips 2 fig cookies | 2 large tortillas 6 ounces turkey lettuce, tomato 16 oz calcium-fort OJ small French fries 1 package of <i>Pop-Tarts</i> |
| 1 bagel 2 Tbsp peanut butter 2 Tbsp Jelly 8 ounces pudding 8 oz calcium-fort juice | 1 bagel 2 Tbsp peanut butter 2 Tbsp Jelly 8 ounces yogurt 12 oz calcium-fort juice medium fruit ice cream sandwich | 1 bagel 2 Tbsp peanut butter 2 Tbsp Jelly 8 ounces yogurt 16 oz calcium-fort juice medium fruit ice cream sandwich | 2 bagel 4 Tbsp peanut butter 4 Tbsp Jelly 16 oz chocolate milk 1 cup fruit salad ice cream sandwich small handful pretzels | 2 bagel 4 Tbsp peanut butter 4 Tbsp Jelly 16 oz chocolate milk 1 cup fruit salad ice cream sandwich 2 handfuls of pretzels |





Pre-Event Meal Ideas



Preseason football can be very demanding and difficult to eat enough energy to support the body. The best food choices are high in carbohydrate and moderate in protein and fat. Combine the following core elements to create a pre-event meal to provide the required fuel.

CALCIUM RICH FOODS:

| | | |
|----------------------------|-------------------------------|----------------------------|
| milk, nonfat, 1 % or 2 % | chocolate milk | yogurt |
| 100 % calcium-fortified OJ | calcium-fortified juice blend | calcium-fortified lemonade |

COMPLEX CARBOHYDRATES:

| | | |
|-----------------|-------------------------|----------|
| pasta | rice | cereal |
| bread or bagels | wheat or corn tortillas | rolls |
| peas | potatoes | crackers |
| granola bars | pretzels | corn |

FRUITS AND VEGETABLES:

| | | |
|-----------------------------|-----------------------------|------------|
| fresh fruit | canned fruit/vegetables | vegetables |
| canned in its natural juice | fruit canned in light juice | |

PROTEIN FOODS:

| | | |
|-----------------------------------|----------------------|---------------|
| lean beef, ham, chicken or turkey | tuna canned in water | peanut butter |
|-----------------------------------|----------------------|---------------|

FATS:

| | | |
|--------------------------------------|-----------------|--------------|
| margarine spread | mayonnaise | stick butter |
| olive, canola, safflower and soy oil | salad dressings | |

A pre-event meal should be eaten 3-4 hours before the training or competitive event. The following **sample meals** can provide high carbohydrates with moderate protein and fat, the perfect choice for improved energy on the field.

(for suggested portion sizes and other meal ideas see table on reverse side of this sheet)

| | |
|------------------------------------------------------|---------------------------------------|
| Spaghetti | Wrap with large tortilla |
| Lean beef meatballs in marinara sauce | Turkey |
| Bread with small to moderate amount of tub margarine | Small amount of vinegar and olive oil |
| Milk or chocolate milk to drink | Milk or chocolate milk to drink |
| Fruit or 100 % fruit juice | Fruit or 100 % fruit juice |
| Pudding | Fig cookies or pretzels |

Keep hydrated during the event by drinking water or a sports drink for longer training times. **Try to rehydrate** after with water, juice, milk, and or a sports drink. If possible drink 20 ounces of fluid for every pound lost at practice. Ensure adequate hydration after practice and before sports participation the next day.

Suggested extras after an event: soup, olives, pickles and pretzels to replace salt that may be lost if training in hot and humid weather.

