

Fueling Your Workout

Meals and snacks to eat
1 to 2 hours before working out

Adapted from AND's Sports Nutrition: A Practice Manual for Professionals, 5th Edition



Sports Medicine Center For Young Athletes

OAKLAND (510) 428-3558 SAN FRANCISCO (415) 353-2808 **SAN RAMON** (925) 979-3450

WALNUT CREEK (925) 979-3430

Meals

Hot breakfast

1/3 cup steel cut cooked oats1/2 cup fat-free milk2 tablespoons of raisins or dried fruit

Cold breakfast

1 cup apple-cinnamon-flavored O's cereal1 cup fat-free milk1 medium sliced banana

Stuffed sandwich

1 whole grain pita

2 oz lean meat (roast beef, turkey, or chicken)1/2 cup shredded lettuce2 slices tomato

1 teaspoon mustard 1 oz baked chips

Stuffed sandwich

1 whole grain pita2 tablespoons hummus1/2 cup shredded lettuce1/2 cup sliced cucumbers

Sandwich

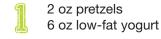
2 slices whole grain bread, toasted
2 tablespoons low-fat cream cheese
1 cup shredded, mixed vegetables (your choice)

Pasta lunch

1 cup cooked pasta

1/2 tomato sauce1/2 cup sauteed vegetables (your choice)2 tablespoons grated Parmesan cheese

Snacks



1 medium bagel, toasted
1 tablespoon apple butter
2 tablespoons low-fat cream cheese



1 cup fat-free pudding1/2 cup each of blueberries, raspberries, and blackberries



15 animal crackers dipped in 1 tablespoon peanut butter 1/2 cup canned fruit



1 soft/chewy chocolate chip granola bar 1/2 cup unsweetened applesauce



8 oz low-fat chocolate milk1 cup sliced apple or pear



1 oz pretzels dipped in1 tablespoon peanut butter1 cup grapes



8 oz low-fat yogurt 1/2 sliced kiwi fruit 1/2 cup granola

Registered Dietitian

Children's Registered Dietitian offers young athletes the most current and comprehensive nutrition therapy and education available.

SERVICES

A registered dietitian will create an individualized sports nutrition plan that supports the athlete's training, performance, and recovery, all while promoting health and wellness. Services are provided for young athletes, in or off season.

APPOINTMENTS (2 LOCATIONS) UCSF Benioff Children's Hospital

Oakland
Outpatient Center
744 52nd St., 5th Floor, Oakland
When: First Friday of every month
Call: (510) 428-3209

UCSF Benioff Children's Hospital Walnut Creek Campus 2401 Shadelands Dr., Walnut Creek When: Last Friday of every month Call: (925) 979-4000



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Meal or Snack

Sandwich

2 slices whole grain bread, toasted 1 egg, cooked 1/2 cup fresh baby spinach Dessert: 1 orange

Cheese sandwich meal

1 English muffin, toasted 1 slice low-fat cheese Side: 1 cup low-fat yogurt Dessert: 1 serving of fresh fruit (1 medium sized fruit: 1/2 cup cooked. chopped, canned fruit (in own juices)

Mini bagel snack

3 whole grain mini bagels 1 tablespoon low-fat cream cheese 1 cup fresh berries

Sweet snack

1/2 cup fat-free fruit sorbet 2 tablespoons ground nuts 1 cup fresh blueberries 1 slice angel food cake

Grilled sandwich

2 slices whole grain bread 1 slice of low-fat cheese 1 oz lean meat

Bagel pizza

1 whole grain bagel, cut in half 1/3 cup marinara sauce 1 oz low-fat shredded mozzarella cheese Broil for 3 minutes or until desired temperature/texture.

Finger food

3 oz grilled, chicken breast tenders 2 tablespoons bbg sauce for dipping

Meal/Snack Smoothies

Blend:

Peanut butter smoothie

1 tablespoon peanut butter

1 medium banana

2 tablespoons chocolate syrup

1 cup fat-free milk

1 cup ice

Protein smoothie

2 tablespoons whey protein powder

1 medium banana

2 tablespoons chocolate syrup

1 cup fat-free milk

1 cup crushed ice

Fruit smoothie

6 oz low-fat yogurt

1 cup sliced strawberries

1 cup blueberries

1/2 cup fat-free milk

1 cup ice













