



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

1

Hot breakfast

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



2

Cold breakfast

- 1 cup apple-cinnamon-flavored O's cereal
- 1 cup fat-free milk
- 1 medium sliced banana



3

Stuffed sandwich

- 1 whole grain pita
- 2 oz lean meat (roast beef, turkey, or chicken)
- 1/2 cup shredded lettuce
- 2 slices tomato
- 1 teaspoon mustard
- 1 oz baked chips



4

Stuffed sandwich

- 1 whole grain pita
- 2 tablespoons hummus
- 1/2 cup shredded lettuce
- 1/2 cup sliced cucumbers



5

Sandwich

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



6

Pasta lunch

- 1 cup cooked pasta
- 1/2 tomato sauce
- 1/2 cup sauteed vegetables (your choice)
- 2 tablespoons grated Parmesan cheese



Snacks

1

- 2 oz pretzels
- 6 oz low-fat yogurt

2

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

3

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

4

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

5

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

6

- 8 oz low-fat chocolate milk
- 1 cup sliced apple or pear

7

- 1 oz pretzels dipped in
- 1 tablespoon peanut butter
- 1 cup grapes

8

- 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

- 1 **Sandwich**
2 slices whole grain bread, toasted
1 egg, cooked
1/2 cup fresh baby spinach
Dessert: 1 orange
- 2 **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)
- 3 **Mini bagel snack**
3 whole grain mini bagels
1 tablespoon low-fat cream cheese
1 cup fresh berries
- 4 **Sweet snack**
1/2 cup fat-free fruit sorbet
2 tablespoons ground nuts
1 cup fresh blueberries
1 slice angel food cake

- 5 **Grilled sandwich**
2 slices whole grain bread
1 slice of low-fat cheese
1 oz lean meat
- 6 **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.
- 7 **Finger food**
3 oz grilled, chicken breast tenders
2 tablespoons bbq sauce for dipping



Meal/Snack Smoothies

- Blend:**
- 1 **Peanut butter smoothie**
1 tablespoon peanut butter
1 medium banana
2 tablespoons chocolate syrup
1 cup fat-free milk
1 cup ice
 - 2 **Protein smoothie**
2 tablespoons whey protein powder
1 medium banana
2 tablespoons chocolate syrup
1 cup fat-free milk
1 cup crushed ice
 - 3 **Fruit smoothie**
6 oz low-fat yogurt
1 cup sliced strawberries
1 cup blueberries
1/2 cup fat-free milk
1 cup ice



Made
accessible
12/24