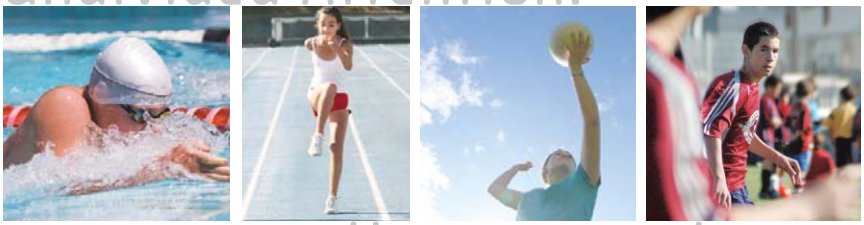
CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND
747 52nd St., Oakland, CA 94609

Undivided Attention.



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Sports Medicine Center for Young Athletes
Children's Hospital Oakland Outpatient Center, 744 52nd St., Oakland, CA 94609
510-428-3558 • www.childrenshospitaloakland.org

Simple Facts About Sports Nutrition

Hydration Must Be Accomplished Around the Clock

- It is best to consume cool water (40 to 50º F).
- Sports drinks (less than 8% solids) are OK but not necessary with activity of less than 90 minutes.
- Making weight by restricting fluid intake harms performance.

Hydration Do's and Dont's

- Don't wait until you're thirsty to drink water. Drink more than enough to satisfy your thirst.
- Drink more than you think you need before an event or practice.
- Take weather into consideration when assessing hydration needs.
- Don't discount your hydration needs when it is cool.
- During activity, drink 6 to 8 oz. of cool water every 15 to 20 minutes.
- Heat illness can be deadly serious. Take precautions and learn to recognize the symptoms.

Tips For Increasing Glycogen Levels

- Eat breakfast every day with food from all five food groups.
- Use starchy snacks to fuel up your glycogen level.
- Decrease activity the day before the event.
- Drink plenty of fluids before events.

Pre-game Meal Guidelines

- Allow time for digestion, about 2 to 3 hours.
- Choose starchy foods for easy digestion and avoid fats/oils because they digest more slowly.
- Eat moderate amounts of protein; protein digests more slowly too.
- Restrict sugary foods that can cause swings in blood glucose levels, leading to energy lows.
- Avoid caffeinated drinks that can increase urine output causing dehydration and discomfort.
- Avoid foods that produce gas.
- Drink fluids with all meals and snacks.

Fueling For All Day Events

- Eat several mini-meals, around 300 calories each.
- Try to avoid sugars and fats; instead, eat healthy snack foods, including: fresh fruits or juices, string cheese, yogurt, bread and jelly, milk, breadsticks or crackers.

Post-Event Meal For Recovery

- Avoid carbohydrate supplements; instead eat whole foods that include proteins, vitamins, and minerals in addition to carbohydrates.
- You need one gram of carbohydrate per kilo of body weight for recovery.
- Ideally, eat within two hours after your activity, if you can tolerate it.
- Drink plenty of fluids to rehydrate your body.

FOR YOUR CONVENIENCE, WE ALSO SCHEDULE APPOINTMENTS AT OUR SATELLITE PHYSICIANS' OFFICES IN **PLEASANTON** AND **WALNUT CREEK**.