



# 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