



Texas Health

Ben Hogan Sports Medicine

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Pre-Game Meals and Snacks

Pre-Game Meal (2-4 hours before game)

Goal: High carbohydrate, moderate protein, low fat and avoid spicy foods, peppers, garlic and creamy foods

- Carbohydrate options
 - Pasta with marinara or light butter sauce
 - Baked potatoes, roasted potatoes, mashed potatoes, sweet potatoes
 - Rice, rice pilaf, broccoli rice casserole
 - Oatmeal, grits, cereal
- Protein options
 - Chicken
 - Steak/beef
 - Meat sauce for pasta
 - Fish
 - Eggs
- Best vegetable options that are easy to digest
 - Green beans
 - Corn
 - Carrots
 - Squash and zucchini
 - Salad
- Bread options to provide extra carbohydrate
 - Wheat and white rolls
 - Breadsticks
 - Cornbread
 - Toast, bagels, English muffins, tortillas

Example Meals:

- Scrambled eggs, toast with jelly, turkey sausage and fruit
- Breakfast sandwich with eggs, cheese and turkey sausage and fruit/yogurt/granola parfaits
- Grilled chicken, rice pilaf, green beans and whole wheat rolls
- Steak or chicken, baked potatoes with toppings, green beans, corn and whole wheat rolls
- Pasta with meat sauce, green beans, salad and breadsticks
- Peanut butter and jelly/honey sandwich/bagel, baked chips, string cheese and fruit
- Fast Food: Grilled chicken sandwich, yogurt/granola cup, baked chips
- Sub Restaurant: Turkey/ham/chicken sub sandwich, baked chips and fruit cups/apple slices

Pre-Game Snack if Needed (30 minutes-1 hour before game)

- Energy Bars
- Peanut butter crackers
- Peanut butter and jelly/honey sandwich halves/fourths
- Granola Bar: Kashi, Nature Valley, Quaker Oatmeal-to-Go
- Fruit and beef jerky
- Trail mix: whole grain cereal/granola, nuts and dried fruit