

Youth Fueling: Nutrition Manual for Sports Performance

90 Minutes and Under Before Game Time or Between Games

Some Protein, Low/No Fat w/ Emphasis is on Fast Acting Carbs

Quantified Nutrition Sport Drink (Section 1.1) Use Calculator Provided with Manual

This is our number one option! We have had great experience with all of our athletes at every age. Provides a great energy source and is very easy on the stomach during digestion

Extra Ripe Banana w/ Honey + Almond Butter

PB & J (ALWAYS an option in a pinch)

PB & Banana Sandwich

Lean Turkey + Apple Slices

White Rice (really easy on digestion and rapidly breaks down for quick energy, Section 2.2 & 3.2)

Berries (best format is in a shake w/ limited amount of protein & fat, Section 2.2)

Apple Sauce Granny Smith for Low Glycemic Index

Quick Oats

Saltine Crackers + Nut Butter

Plain Bagels w/ Honey or Jelly

Non-Acidic Fruit Juices (you can squeeze your own, or buy natural no sugar added juices)

To view section and purchase **Youth Fueling: Nutrition Manual for Sports Performance** in its entirety visit:

<http://store.xlathlete.com/product-p/youthnutrition.htm>

**Table 1.5*