

**PV WATERPOLO CLUB**  
**14U GIRLS**  
**NUTRITION GAME DAY**

**BREAKFAST**

**Protein:** Egg Whites 3, Greek yogurt (non fat or low fat) 1/2 to 1 cup, Milk 8 ounces 1% or non fat, 1 scoop pure protein powder

**Fruit:** Banana 1, Watermelon 1 cup, Cantaloupe 1 cup, Orange 1, Berries 1 cup any type

**Good Fat:** Peanut Butter 2 tablespoons, Almond Butter 2 tablespoons, Almonds 14, Cashews 14, Avocado 1/3, Almond milk 8 ounces

**Carb:** Brown rice cake 1, Oatmeal 1/2 cup, Cereals with no added sugar 1 cup, corn tortilla 1

Breakfast should be eaten within 45 minutes of waking up and at least 90 minutes before an athlete jumps in the water. If it is an early game just have a snack 1 hour before jumping in the water and breakfast after if possible. **Breakfast is the most important meal of the day for many reasons.** One choice from each of the above categories makes up a complete breakfast. There is not enough room or time to discuss all the reasons of why breakfast is the most important meal of the day and life. Look for an explanation of this in the coming months.

**SNACKS**

**Good Fat:** Almonds 14, Cashews 14, Avocado 1/2, Almond butter 2 tablespoons, Peanut butter 2 tablespoons

**Fruit:** Banana 1, Orange 1, Watermelon 1 cup, Berries 1 cup, Cantaloupe 1 cup

Snacks can be eaten between games when there is only a short time between the games, i.e. 90 minutes or less between water time. Pick one from each category. The snack can be eaten right after recovery food, i.e. chocolate milk or small protein shake. At this age for girls they should start transitioning to 1% or non fat milk.

## LUNCH/DINNERS

**Protein:** 4 to 6 ounces cooked of lean meat, chicken breast, turkey breast, fish, flank steak are some of the best options

**Vegetables:** 1 cup of the following; carrots, ***beets***, broccoli, ***spinach***, tomatoes or just about any vegetable the athlete likes ( at lunch if its in between games they can leave the veggie out and eat more at dinner )

**Carbohydrate:** brown rice, black beans, corn, sweet potato, yam, corn tortilla, brown rice pasta, potato

Lunch and dinner are set up the same way. Pick one food from each category. At this age for girls they need to consider eating foods with higher iron content. Spinach, beets and red meats are good sources. Vitamin C can increase the absorption of iron by as much as 4 times. Iron is critical for oxygen transportation which greatly effects athletic performance. Girls at this age need to replace iron at a faster rate than boys so please eat foods high in iron. Again if lunch is between games add some more food at dinner and eat a little less at lunch. The athletes need to learn they are eating to fuel their bodies through the next game with high performance. They can eat more and different things at night after the games. This is a guideline and amounts and types of foods do depend on the athletes weight, amount of minutes played, health history, etc. These amounts are the minimum amounts. This should help as a basic template for athletes on game day that want to learn to eat for peak performance.