

# **GameFuel: A Dietary Guideline for Student-Athletes**

*A Dietary Guideline for Student-Athletes at Pablo S. Villafuerte National High School*

*Fuel Smart. Play Hard. Recover Strong.*

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## 1. Introduction

Welcome to *GameFuel*, your complete nutrition guide designed to empower Pablo S. Villafuerte National High School student-athletes. This eBook serves to provide practical, science-based nutrition advice to help you perform better, recover faster, and stay healthy.

## 2. Importance of Nutrition in Athletic Performance

- Nutrition fuels energy systems during training and games.
- Helps in muscle growth and recovery.
- Prevents injury and boosts immunity.
- Improves focus and academic performance.

## 3. Nutritional Needs of Student-Athletes

- **Macronutrients:**
  - Carbohydrates (55–65%) – Primary energy source.
  - Protein (12–15%) – Muscle repair and growth.
  - Fats (20–30%) – Supports hormone production and recovery.
- **Micronutrients:**
  - Iron, calcium, vitamin D, B-complex vitamins.
- **Calories:** Varies by age, sex, and sport. Ranges from 2,000–3,500 kcal/day.

## 4. Scientifically-Backed Dietary Guidelines

Meal Timing	What to Eat	Why It Matters
2–4 hrs before training	Carbs + protein (e.g., rice + egg)	Fuel energy stores
30–60 min before	Light carbs (banana, granola bar)	Quick energy
During (if >60 min)	Water or electrolyte drink	Maintain hydration
During (if >60 min)	Protein + carbs (chocolate milk, sandwich)	Muscle recovery

## 5. One-Month Meal Plan

Includes daily meal plans with variations for training intensity (Low, Moderate, High) and portion suggestions.

This 30-day meal plan supports student-athletes with daily menus tailored to their training intensity. Each day includes breakfast, snacks, lunch, dinner, and hydration guidance.

### Day 1 - Moderate Intensity

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

### Day 2 - Moderate Intensity

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

### Day 3 - Moderate Intensity

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

**Day 4 - Moderate Intensity**

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

**Day 5 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 6 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

**Day 7 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 8 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 9 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 10 - Moderate Intensity**

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

**Day 11 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 12 - High Intensity

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 13 - High Intensity

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 14 - High Intensity

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 15 - Low Intensity

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 16 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

**Day 17 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 18 - Moderate Intensity**

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

**Day 19 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

**Day 20 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

**Day 21 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

**Day 22 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 23 - Moderate Intensity**

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training



**Day 24 - Moderate Intensity**

Meal	Food Items
Breakfast	Oatmeal with banana, boiled egg, water
Morning Snack	Peanut butter sandwich
Lunch	Chicken adobo, brown rice, steamed vegetables
Afternoon Snack	Apple + yogurt
Dinner	Grilled fish, sweet potato, cucumber salad
Hydration	8–10 glasses of water + electrolyte drink after training

**Day 25 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 26 - Low Intensity**

Meal	Food Items
Breakfast	Boiled egg, pandesal with cheese, banana, water
Morning Snack	Oatmeal cookies, milk
Lunch	Grilled tilapia, rice, steamed kangkong, water
Afternoon Snack	Mango slices
Dinner	Chicken tinola, rice, sautéed sayote
Hydration	7–8 glasses of water

**Day 27 - High Intensity**

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 28 - High Intensity

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 29 - High Intensity

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

### Day 30 - High Intensity

Meal	Food Items
Breakfast	Fried rice, scrambled eggs, apple, milk
Morning Snack	Trail mix, water
Lunch	Beef steak, rice, cucumber salad
Afternoon Snack	Peanut butter sandwich
Dinner	Baked chicken, mashed potatoes, steamed broccoli
Hydration	10–12 glasses water + sports drink after training

## 6. Hydration Strategies

- Drink 250–500 mL water 2 hours before activity.
- Sip 100–150 mL every 20 minutes during training.
- For events >60 mins: Include electrolytes (sports drinks, oral rehydration salts).
- Check urine color – pale yellow = well-hydrated.

## 7. Pre-Game and Post-Game Nutrition

### Before Game:

- 3 hours before: Rice + lean meat + fruits
- 30 mins before: Banana + water

### After Game:

- Within 30 minutes: Chocolate milk, sandwich
- 1–2 hours after: Balanced meal (carbs + protein + vegetables)

## 8. Common Nutrition Myths

- ❌ *“Skipping breakfast makes you lighter for sports.”*
- ✅ *Truth:* Skipping breakfast drains energy stores and hinders performance.
- ❌ *“More protein = more muscle.”*
- ✅ *Truth:* Excess protein won’t build muscle without proper training.

## 9. Practical Tips for Busy Student-Athletes

- Pack healthy snacks: boiled eggs, trail mix, fruits.
- Avoid energy drinks and sugary sodas.
- Eat rainbow-colored fruits and vegetables daily.
- Don’t skip meals—even on rest days.

## 10. Final Recommendations

- Make small, consistent changes.
- Stay hydrated throughout the day.
- Listen to your body.
- Prioritize sleep and recovery.
- Seek help from coaches, teachers, or health professionals when unsure