The primary purpose of the pre-game meal for baseball pitchers is to provide some of the fluid and energy they will need to stay comfortable and hydrated during a game.

Some pitchers find they are more satisfied and more ready to compete after the more traditional “meat and potatoes” meal.

Some simple rules that can help you avoid negative side effects of pre-game eating include:

- Eat foods you like. Eat the same kinds of foods you eat all the time.
- Include water, carbohydrates, and proteins into your pre-game meal.
- Avoid the simple sugars found in candy bars or sodas because they will sap your energy over the length of a game.

The pre-game meal is not an experiment. It should be like your ball glove — familiar and comfortable. Choose foods that you like, foods that you normally eat, and foods that you tolerate even when you are stressed.

“I like having some fruit and a good source of protein. Like chicken breast or steak with some sort of potatoes. Something that’s going to keep me full during the game.”

- Bryan Garcia