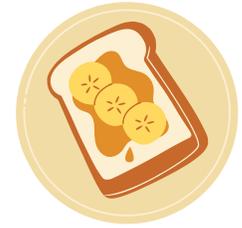


# SPORTS NUTRITION: PRE-EXERCISE

## Nutrition to Set You Up for Success:

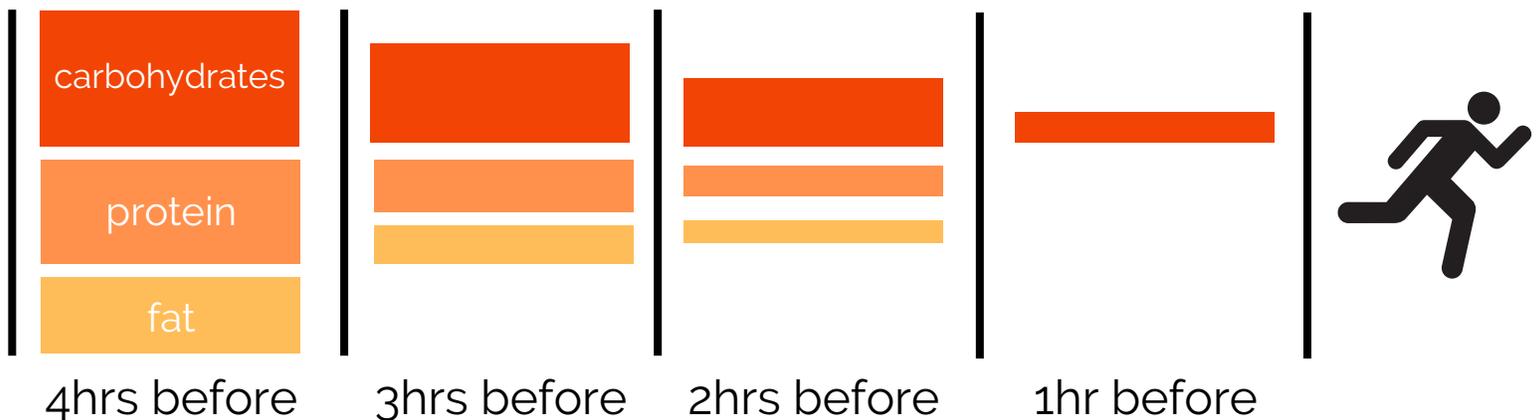
- **Carbohydrates** provide muscles with fuel and give you energy
- **Protein** prevents hunger and helps repair muscle tissue
- **Fluids**, mainly water, keep you hydrated and focused on your practice or game



## Meal & Snack Timing:

To fuel for a practice or competition, aim to eat:

- a well-balanced meal at least **2-3 hours** before
- a small meal or snack **30-60 min** before



Focus on fueling with carbohydrates, protein and fat 3-4 hours before exercise. As you get closer to exercising, focus more on carbohydrates as well as fluids!

# MEAL AND SNACK EXAMPLES

## MEALS

### (3-4hrs before)

- 1-1.5 cups of pasta + meat & veggies, water
- bagel + peanut butter, fruit, cottage cheese, water
- turkey sandwich, baby carrots + hummus, pretzels, glass of milk
- eggs, toast with peanut butter, fruit, water
- brown rice + chicken or edamame + veggies, water

## SNACKS

### (1-2hrs before)

- fruit + string cheese
- toast + peanut butter
- whole grain cereal + milk
- 1/2 turkey or PB&J sandwich
- pretzels + cheese cubes or peanut butter
- granola bar + fruit
- bowl of oatmeal + brown sugar + cinnamon

### (<1hr before)

- piece of fruit
- dry whole grain cereal
- pretzels
- granola bar
- graham crackers
- salty crackers
- applesauce
- dried/baked fruit (ex. raisins or banana chips)



## Tips to Remember:

- **Don't try to exercise on an empty stomach** - you need fuel to feel good during your workouts and perform well when you compete!
- Try to **avoid high-fat, high-fiber and spicy food** right before exercise as these can be harder to digest.
- It is important to **eat balanced meals** on the days leading up to training or competing as well so you can play your best!