**Pre-Exercise Nutrition**

- **Purpose**: Top off blood glucose levels and provide sustained energy during activity
- **High carb meals** should be consumed everyday for optimal nutrition benefits
- **Carb choices** which provide a supply of slow-releasing energy benefit events lasting more than 1 hour and include:
  - Milk and yogurt
  - Beans (legumes)
  - Whole wheat grains
  - Apples
  - Power Bars
  - Oatmeal
- Events **less than 1 hr.** require a snack that digests easily and settles well
- **Limit high-fat foods**
- Allow more digestion time before intense exercise than before low-level activity
- **Always eat familiar foods** before competition

**While Exercising**

- **Additional fuel** is only needed for activities lasting more than 1 hr.
- **30-60 g** of carbs each hr. improves performance
- **Examples of proper amounts/hour**: 5-10 oz sports drink every 15-20 min., 1 lg. banana, 3 large graham crackers, 2 gels, or 1 powerbar

**Post-Exercise Nutrition**

- **Carbohydrates** are critical as soon as tolerated
- If not hungry consume a high-carbohydrate drink
- **Choose high glycemic carbs** for fast absorption into the muscle.
  - Sports Drinks
  - Crackers
  - Breads, Bagels
  - Cereal
  - Smoothies
  - Fruits

**Food Examples**

- **Pre-Workout**
  - Lowfat Yogurt and fruit
  - Oatmeal made with milk & fruit
  - ½ whole wheat bagel with jelly
  - Trail Mix
- **Post-Workout**
  - Chocolate milk and fruit/crackers
  - Sports Drink and granola bar
  - Bagel with cream cheese & juice
  - Fruit Smoothie