

FUELING STRATEGIES

What to Eat & Drink Before Practices & Games

10 minutes before	1 hour before	2 hours before	3 hours before
Less time = Less food			More time = More food
Eat only <u>carbohydrate</u> foods that are super easy to eat quickly & digest. <u>Examples:</u> • Yogurt • Applesauce • GoGO Squeez • Banana • Honey Stinger Energy Waffles • Sport Beans • Gatorade Prime Energy Chews • Granola Bar • Sports Beverage that contains carbohydrates • Endurance by NUUN	Eat only <u>carbohydrate</u> foods. <i>You can choose something that might take a little longer to eat since you have an hour.</i> <u>Examples</u> • Anything on the 10 minute list • ½ PBJ sandwich • Oatmeal • Cereal • Bowl of rice • Ramen noodles • Nutri-Grain bars • Pasta • Clif Energy bar	Eat only <u>carbohydrate</u> foods plus a <u>little bit of protein</u>. <u>Examples</u> • Turkey sandwich w/ a banana • Mac & cheese w/ an apple • PBJ w/ GoGo Squeez • Small serving pasta w/ chicken • Greek yogurt w/ berries & granola • ½ large bagel w/ peanut butter & fruit	Eat <u>carbohydrate</u> foods with <u>protein</u>. <u>Examples</u> • Spaghetti w/ meatballs & bread • Meat sandwich w/ yogurt & fruit • PBJ sandwich w/ granola bar & fruit • Bagel w/ peanut butter, banana & cheese stick • Chicken w/ baked potato & yogurt parfait
Hydration Small sips	Hydration 8 ounces	Hydration 16 ounces	Hydration 16-20 ounces