

## **EAT BEFORE YOU EXERCISE**

Two-three hours before exercise have a nutritious, energy-packed meal. Start with a foundation of high-carbohydrate, low-fat foods such as whole-grain bread, pasta, cereal, fruit, and veggies. Add lean protein with low-fat milk, cheese, yogurt, lean beef, turkey, chicken, nuts. Top off with fluids. Here are some examples:

### ***Breakfast Ideas:***

2 medium waffles  
½ cup strawberries  
1 cup low-fat milk

1 container yogurt w/ granola  
1 banana  
1 cup cranberry juice

1 bagel  
2 Toasted PB&J  
1 banana  
1 cup orange juice

1 bowl cereal or oatmeal  
1 English muffin with jam  
½ cup blueberries  
1 cup low-fat milk

1 muffin with egg and ham  
1 cup orange juice  
1 banana  
1 cup low-fat milk

1 breakfast burrito with salsa  
egg whites, potato, cheese  
1 cup orange juice  
1 cup low-fat milk

### ***Lunch/Dinner Ideas:***

Spaghetti with red sauce  
2 slices of Italian bread  
1 cup lemon sherbet  
1 cup low-fat milk

Grilled chicken breast on a roll  
1 cup pasta salad  
1 fruit smoothie  
2 oatmeal raisin cookies

Turkey and cheese sandwich  
1 cup grapes  
Pretzels  
1 cup lemonade

2 slices veggie/cheese pizza  
Fruit salad  
Bread sticks  
1 cup low-fat milk

Before exercise, AVOID high fat foods such as candy bars, nachos, chips, cream sauces, creamy soups, cheeseburgers, fries, hot dogs, milkshakes, and fried foods. Why? **High-fat foods take much longer to digest than carbohydrates and lean protein foods.** As a result, you may feel sluggish, tired, and sick to your stomach.

Know what food and fluids work best for YOU as a player – get into the habit of having the same foods before practices and games. The pre-exercise meal should be part of your “get game ready” routine.

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