

WHAT SHOULD I EAT BEFORE PRACTICE?

Prior to a workout you want to eat a snack that is **high in carbs**. This is your bodies **main energy source** to **fuel your workout**.

The **farther out** you are from beginning a workout, the **larger** and more complete your **snack** should be

Depending on the **timing** of your **snack** and when you work out the **composition** should vary. **Carbs** (and in some cases protein) **are helpful** to eat leading up to a workout. But **other nutrients, like fat and fiber**, should be limited the closer you get.

The #1 Rule of Sports Nutrition: If it doesn't work for you, it won't work! Tolerance is key.

Check out below for some Pre-Workout Snack Ideas...

Best for ~2 hours leading up to exercise

Bagel w/ PB + Fruit + Cheese Stick



OR

PB&J + Milk + Banana



Best for ~30-90 minutes before exercise

Soft Pretzel + Yogurt



OR

Cereal w/ Milk + Fruit



Best for up to 30 min. before exercise

Gatorade or Sports Drink



OR

Apple sauce



OR



Energy Bar

WHAT SHOULD I EAT AFTER PRACTICE?

After a workout you want to eat a meal/snack that is **high in protein & carbs**. Protein helps to **repair & rebuild your muscles** and **carbs replace lost energy** stores used during your exercise

If your body doesn't **recover properly** after a workout, this can lead to **poor performance** in future workouts and possible **injury**.

If you can't eat a full meal right after, have a **snack high in protein and carbs within 30-45 minutes** of your workout and aim for a **full meal within 2 hours**. A great **post workout snack** will have at least **12-15 gms of protein** and **30-40 gms of carbs**. For a post-workout meal, fill up at least **1/4 plate with carbs** and **1/4 plate with protein**.

Remember replenish your body with the proper fuel = better recovery!

Check out below for some Post-Workout Snack Ideas...

Greek Yogurt with fruit & honey

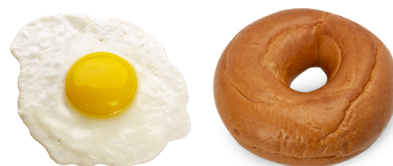


OR

Chocolate milk & granola bar



Eggs & Bagel



OR

Yogurt drink & applesauce



Beef jerky & pretzels



OR

Cliff Bar & Cheese Stick

