



Pre and Post Event Eating



Pre-Event Considerations
Don't experiment the day of the game/event. Figure out what you'll tolerate during training sessions.
Watch fiber content. A high fiber meal might not sit well. Find out what works for you.
Eat a pre-game meal 3 or more hours before the event to allow for digestion
Choose hi carb foods and include moderate protein and fat containing foods
Follow hydration guidelines and drink before, during, and after the event
Choose foods you like and you're confident make you feel good
Pre-Event breakfast (wake up early enough to allow three hours to digest)
Hot or cold cereal, milk, and fruit
Bagel with juice or milk
Low Fat Muffins with milk or juice
Yogurt and toast
Frozen waffles or pancakes with fruit & milk
Pre-Event Lunch/Dinner (allow three hours to digest)
Chicken or sliced turkey sandwich on whole grain roll, fruit or juice, milk
Pasta w/tomato sauce, French bread, fruit or juice, milk
Baked potato with cottage or ricotta cheese and fruit or juice
Thick-crust cheese pizza, fruit or juice
Pre-Event Snacks and Liquid Meals (eat within one or two hours before the event)
Fruit: fresh, canned in its own juice, or dried or defrosted frozen
Sports bars and sports drink
Smoothie made with fruit (see B's Favorite Smoothie recipe)
Dried cereal and juice

Post-Event—Eating to Recover —you'll feel better the next day if you eat soon after you're done exercising
Exercised muscles are most receptive to carbs and protein soon after exercise; Try to eat and drink your recovering foods and fluids within 15 minutes of finishing and over the course of the next hour or two.
Sports drink and trail mix with nuts; chocolate milk
Mini-applesauce & PB2 on crackers
Yogurt and fruit
Chocolate milk and pretzels
Sport bar with water
Mini-bagel with cheese stick
Turkey slices with juice or fruit; banana and PB2

