PRE-EXERCISE NUTRITION

- Combine carb-rich foods with moderate amounts of protein.
- Choose foods that are low in fat and fiber.
- Consider how long and how hard you will train.
- Training at 6 a.m.? Fuel up the night before and have a small morning snack.
- Try options during practice to learn what suits you.

C·P·S·D·A FUELING VICTORY

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For a nutrition plan tailored to you, consult a sports dietitian.

3-4 HOURS BEFORE TRAINING



- Turkey and Swiss sandwich with an apple and low-fat chocolate milk
- Peanut butter and jelly sandwich, banana slices, and low-fat milk
- Low-fat Greek yogurt with berries plus a small chicken salad
- Hydrate with at least 16-20 oz. of fluid

30-60 MINUTES BEFORE TRAINING



- A sports drink
- Fruit, applesauce, or fruit snacks
- A small granola bar, pretzels, or graham crackers