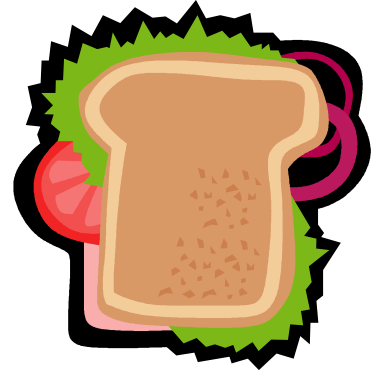


These are SUGGESTIONS!  
Every body is different and  
tolerates food differently!

# Meal Suggestions

- 4 hours before:
  - Turkey sandwich, pretzels, and frozen yogurt
  - Scrambled eggs, bagel or muffin, and milk
  - Spaghetti with sauce, milk, frozen yogurt, and fruit
- 2-3 hours before:
  - Cereal with Milk
  - Bagel with peanut butter or cheese
  - Waffles/pancakes with syrup
  - Sports bar
- 1 hour before:
  - Sports bar
  - Yogurt
  - Cereal Bar
  - Crackers
  - Concentrated sports beverage



## All Day Events:

- Goal is to have small, easily digestible foods throughout the day
  - Dry Cereal      Liquids      Cereal Bars
  - Cut up Fruit      Yogurt trail mix

## During Activity:

- Goal is to fuel the body during events to delay fatigue
  - Fluid - ideally 5-8 ounces every 10-15 minutes
  - Sweetened cereal      Sports gel
  - Small handful of gummy type candy

## Back to Back Events:

- 1 hour between
  - Banana Crackers      Sports Drink
- 2-4 hours
  - Bagel      Sports Bar      Nuts/Cereal
- 4 or more hours
  - Yogurt with cereal      Sandwich      Sports Bar; 7-14 grams of protein

## Post Exercise Eating

- Exercise depletes muscle and liver glycogen stores
  - The body requires 20-24 hours to maximally replenish glycogen stores
  - The window of opportunity is very narrow
    - Within 30 minutes after activity is the time the body can maximally refuel
  - Obstacles:
    - Exhaustive exercise can suppress the appetite
  - Need to provide the body with carbohydrate, enough fluid, and electrolytes
- FLUID
  - The goal is to replace 24 ounces of fluid for every pound lost during activity
  - Best bet: WATER, lemonade, fruit juice NOT Caffeine or alcohol
- Electrolytes:
  - You can replace sodium and potassium with foods
    - Orange juice and pretzels
    - Cheese pizza and banana
    - Nuts and raisins
    - Gatorade
- Carbohydrate Choices:
  - 50 grams ASAP post exercise
    - 2 cups of cocoa puffs
    - $\frac{1}{2}$  cup of Swedish Fish
    - 8 oz of a sports drink
    - 4 oz bagel with 1 Tablespoon jelly
    - 1 high carbohydrate sports bar
    - 2 cereal bars
  - Best for quicker results: (sucrose and glucose are more effective for restoring muscle glycogen than fructose)
    - Fresh Fruit - oranges
    - Sweetened cereal
    - Bread/bagels
    - Cereal bar
    - Gummy type candy
    - Crackers
  - Fruits will provide fluid and carbohydrate as well
- Preferably:
  - With a little protein for quicker repletion and potential muscle building effect
    - Small handful of nuts or peanut butter
    - Sports bar which contains some protein
    - Yogurt

