

# **PRE and POST ATHLETIC SNACKS AND MEALS**

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Pre-Athletic Snacks should feed the brain and fuel the muscles. Eating prior to an athletic event can enhance performance. A pre-athletic snack should be eaten a half hour to an hour before game time. Timing varies with intensity and personal tolerance to food. Pre-Athletic guidelines should be as follows; *High Carbohydrate, Low-Fat, Moderate protein, extra fluids, and appropriate portion (individually different)*. The safest bet is to avoid sugar/sweets 15-45 minutes before exercise.

## **SUGGESTIONS**

Protein Bars that are low in sugar (less than 20g)  
half sandwiches of Natural PB and Jelly or Banana, Turkey L,T  
ALL should be on 100% multigrain bread  
trail mix with pretzels, nuts, and fruits  
ANY fruit that is portable, you can add Peanut Butter as a protein source  
Granola Bars that are low in sugar  
Peanut Butter filled pretzels from Trader Joe's  
Soy Rice Cakes with Natural Peanut Butter  
***DON'T FORGET TO HYDRATE THE BODY***  
Two hours before activity, 16-24 oz. of fluid intake should be a goal.  
15 minutes before activity, 8-16 oz. should be a goal.

## **POST ATHLETIC EVENT**

Post-Athletic Nutrition is the key to success. Recovery from a hard workout is estimated at 48 hours. If your body is fed properly after an athletic event, it decreases the time needed for recovery. The primary fuel used during exercise is carbohydrates and the body needs to replenish what was used during exercise. Calories taken in within 15 minutes of the workout are utilized at almost 100%! A well rounded meal following is the next step in continuing good nutrition.

## **SUGGESTIONS**

*The goal is to get a mix of carbohydrates and protein after an athletic event*  
After a workout you should eat a well-balanced meal.  
Grilled Chicken/Fish/Lean Steak/Pork  
Green veggies- string beans, broccoli, peas, zucchini, spinach, etc.  
Greenest salad with a source of protein  
Egg White veggie omelette's  
AND add a slice of whole grain toast/palmful of whole grain pasta

If you have any questions, please feel free to contact us.  
Wishing you Healthy Snacking and Eating!

"G"

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