

training table sports nutrition

Training Starts at the Table

Pre-Training Fuel

2-3 hrs Before (*may need another snack before training*)
300-400 calories; mixed sources
12-20 oz. fluid + options below

2 slices bread + 2 slices turkey + 1 slice cheese
small bagel + 1 Tbs each low fat cream cheese and jelly
English muffin + 1 Tbs peanut butter + small banana
2 eggs + 2 slices toast with jam
Greek yogurt + 2 Tbs granola + ½ cup fruit
¼ cup trail mix + 8 oz apple juice
2 slices low fat cheese melted on 2 slices bread
2 granola bars + 8 oz low fat milk
2 toaster waffles + 2 Tbs maple syrup or jam
Larabar + 12 oz cranberry juice
Subway Breakfast sandwich or McDonald's EggMcMuffin

2 hrs Before
Up to 300 calories; mixed sources
12-20 oz fluid + options below

1 cup low fat fruit yogurt + 1 cup apple juice
Small bagel + 1 Tbs peanut butter
2 slices bread + 2 slices turkey + lettuce/tomato
2 string cheese + 6 saltine crackers + small fruit
½ cup low fat granola + 6 oz non fat vanilla yogurt
6 baked pita chips + 1/3 cup hummus
English muffin + 2 slices low fat cheese
small cinnamon raisin bagel
Clif Bar or PowerBar or Zone Bar
10 oz yogurt smoothie
12 oz chocolate milk

1-2 hours Before
Up to 200 calories; carbohydrates (up to 50 gm)
10-20 oz fluid + options below

1 original PowerBar or Zone Bar or Clif Bar
1 cup noodles + 1 Tbs grated parmesan cheese
1 small bowl low-fiber cereal + skim milk
(corn flakes/corn chex/rice krispies, etc)
Fruit smoothie with 1 cup low fat yogurt + ½ cup berries
½ peanut butter and jelly sandwich
Kashi TLC bar + 8 oz sports drink
1 string cheese + 7-10 pretzel sticks
3 Tbs dried fruit + 8 oz sports drink
6 oz low fat fruited yogurt
Mini bagel + 1 Tbs jam
Apple + 1 Tsp peanut butter
1 packet flavored oatmeal + ½ banana

15-30 minutes Before
Up to 100 calories; carbohydrate (up to 25 gm)
7-10 oz fluid + options below

½ cup applesauce
1 slice toast + 2 tsp jam
¾ cup dry cereal (corn chex, cinnamon Life, Cheerios)
6 inch banana
20 grapes
3 Tbs dried fruit (small handful)
1 Nutri-Grain bar
1 Clif Kid ZBar
Gatorade Prime 01
1 sports gel or 16 oz sports drink
1 low fat granola bar
2 fig bars
10-12 animal crackers or 10-12 pretzels
30 goldfish

Immediately Before
Up to 60 calories; carbohydrate (up to 15 gm)
Options below

7-10 pretzels
½ banana
1 fig bar
20 grapes (about 1 cup)
8-10 animal crackers
15-20 goldfish
6 large jelly beans
¼ bagel
½ sports gel
8 oz sport drink

Note: Keeping hydrated throughout the day is important! Monitor your hydration status by urine color – goal is light yellow. If you are outside or in hot/humid conditions, consume a sport drink with added electrolytes.

“Energy Drinks” (Red Bull, etc) are not appropriate for pre-training fuel and should be avoided!!!

