

FUELING SPORT SNACKS



An adequate fueling routine will provide essential energy to fuel your sport schedule. Aim for a consistent fuel intake throughout your day. Focus on having a meal 3-4 hours before activity, with timed snacks. This handout provides pre- and post-activity snack ideas for the critical time right before and after activity!

Pre-Activity Snacks

Before activity, focus on topping off energy stores with fast acting carbohydrates. Carbohydrates are our primary fuel source during physical activity. Aim for a snack within 30-60 minutes before activity. Note that all athletes are different, find the specific time frame that works for you. A tip is to not try anything new on competition day, test out a fueling routine at practice first.

Whole fruit

Dried fruit

Sweet potato

Pretzels

Fig bar

Granola bar

Whole wheat bagel

Whole wheat jam sandwich

Whole grain crackers

Dry cereal

Oatmeal

Brown rice or whole wheat pasta

Post-Activity Snacks

After activity focus on refueling and recovering your body. We need both carbohydrates and protein to adequately recover. Aim to consume a post activity snack within 30-60 minutes after finishing activity, this allows the body to recover faster and absorb nutrients more readily. Pair a lean protein with a carbohydrate to refuel and recover.

Chocolate milk

Greek yogurt and granola

Turkey and cheese sandwich

Whole fruit and nut butter

Dried fruit and nuts

Hard boiled egg and fruit

String cheese and fruit

Whole grain crackers and peanut butter or tuna

Trail mix made with nuts and dried fruit

Smoothie made with fresh fruit and Greek yogurt or milk

“Oat/Energy bite” made with oats and peanut butter

TIPS

Don't forget to hydrate and rehydrate before and after activity. Aim to have your pre-activity snack with a glass of water, aim to rehydrate appropriately with plenty of water after activity as well, be sure to remember to hydrate throughout the day!

