Most athletes have learned through trial and error what type of food works best for his or her body before training or competition.

Prepare and Repair: Snacks for Games & Practices

**Prepare: Pre-workout foods**
- Working out for 60–90 minutes? Choose foods that supply “slow burning” energy. (Examples – Apple with peanut butter, bananas and peanut butter on whole grain bread, yogurt, oatmeal, string cheese and crackers.
- Leave yourself enough time to digest – 3–4 hours for a full meal and 1–1.5 hours for a snack
- Always eat familiar foods before competition and drink plenty of fluids. Avoid high fat foods like burgers, fries and ice cream.

**Repair – Post workout recovery food**
- Eat 200–400 calories of carbohydrate rich food within 15 minutes of finishing. Adding a little protein in can help replenish glycogen replacement. (Examples – fruit and yogurt; low-fat triscuits or a whole grain bagel and tuna; apple & peanut butter; oatmeal with milk or cottage cheese; minestrone or other bean soup).
- Follow with a protein/carbohydrate combination meal within 2 hours of finishing.
- Replace fluid by drinking 2–3 cups fluid for every pound lost (if you are weighing yourself pre/post activity).

Want more info on being your best?
VISIT: web.mit.edu/medical/wellness

GOT QUESTIONS ABOUT NUTRITION OR IMPROVING YOUR PERFORMANCE AND HEALTH?

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