

# PRE-TRAINING SNACKS

**GOOD OPTIONS 30-60 MINUTES BEFORE TRAINING OR COMPETITION**

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- Fig Bars (2-4)
  - Fresh Fruit (2 whole pieces or 2 cups)
  - Dried Fruit (1/3 to 1/2 cup)
  - 100% Fruit Juice (1 cup)
  - White bagel (1/2 to 1 bagel or 1-2 mini bagels)
  - White bread (2 slices)
  - Nonfat yogurt with fruit (1 cup yogurt + 1 cup fruit)
  - English Muffin (1-2 muffins)
  - Applesauce Packets (1-2 packets)
  - Cereal with milk (1 cup cereal + 3/4 cup milk)
  - Homemade Fruit Smoothie (1-2 cups fruit, 1 cup low-fat milk or yogurt)
  - Fruit Leathers (2-4 leathers)
  - Frozen Waffles (2 or 1 with fruit/syrup topping)
  - Pretzels (1-2 oz)
  - White rice (1 cup)
  - Potato (1 medium)
  - Energy Waffles (Honey Stinger, 2 waffles)
  - Sports Chews (Clif Bloks, Gatorade Prime, Honey Stinger Chews)
  - Sports Drinks (Gatorade, Powerade - full sugar, 2-3 cups)
  - Sports Gu or Gel (1-2 packets)

## PRE-TRAINING SNACK GUIDELINES

- Aim for 30-60 grams of fast-fuel, simple carbohydrates, can come from a combination of foods
- Above portion sizes are estimates, check labels for carb amount per serving
- Keep choices low in fat, fiber, & protein to avoid stomach upset
- Simple sugars and refined options like white bread are more ideal pre-training as they are lower in fiber and provide energy faster than complex carbohydrates