

Pre-Sport Snack Tips & Ideas

for Middle School and High School Athletes

- Eating a pre-sport snack can help provide the energy you need to perform your best and prevent fatigue.
- Aim to eat a snack 1-2 hours before your practice, game, or event. Ideally, allow at least 30 minutes to digest a snack. You may need a longer time to digest larger snacks or meals, foods that are also high in fat or fiber, or if you are partaking in a high intensity sport such as running.
- Don't worry about calories. Instead, listen to your body and eat until you are satisfied but not overly full.
- Stick to water before events lasting an hour or less; sports drinks may be helpful for longer events.
- Try different foods and timings to learn what works best for you. But don't try anything on game day!
- Note that this information should only be used as a guide. For more individualized help, see a Registered Dietitian who specializes in sports nutrition.

IF YOU HAVE ABOUT 1-2 HOURS

This is the ideal time to fuel up before most sports. Choose foods that provide a combination of protein and carbs. Here are some ideas:

AT HOME:

- Strawberry Banana Smoothie
 - Toast with Almond Butter and Blueberries
 - Avocado Toast + EBTB Seasoning
 - Naan or English Muffin Pizza
 - Cheese Quesadilla
 - Grilled Cheese on Sourdough
 - Breakfast or Trailmix or Oatmeal Chocolate Chip Cookies + Milk*
 - Greek Yogurt + Granola Sprinkle + Banana
 - 1/2 Everything Bagel with an Egg
 - Hard boiled egg + toast or sweet potatoes
 - Frozen or Homemade Whole Grain Waffle with Berries or Bananas
 - Pancakes with Berries
 - Oatmeal with Milk* and Sliced Peaches
 - Cereal + Banana + Milk*
 - Bowl of Chicken Soup + Oyster Crackers
 - Small Bowl of Pasta + Turkey Meatballs
 - Baked Potato with Shredded Cheese
- *Regular, lactose-free, or dairy-free

ON THE GO (or at home!):

- Energy or Granola Bar
- 4-Ingredient Peanut Butter Balls
- Energy Balls or Bites
- Small Turkey Sandwich
- Banana Bread + Peanut Butter
- Apple + Seed Butter Packet

- Pretzels + Peanut Butter + Strawberries
- Turkey + Bread + Tomatoes on a Skewer
- 1/2 Raisin Bagel with Seed Butter
- Hummus and Pita
- Smoothie in a Thermos
- Rice Crackers + Tuna Salad
- Bagel with Cream Cheese or Nut Butter
- Almond Crackers + Cheese + Clementine

IF YOU HAVE 30 MIN. OR LESS

You may still be able to digest any of the snack ideas on the other list. But for high intensity sports you may feel better sticking to easily digested carbohydrates such as these.

- Banana
- Clementine or Orange
- Rice Cakes, Crackers, Pretzels, or Saltines
- Small Amount of a Bagel
- Dry cereal such as Special K or Cheerios
- Half of a Performance Energy Bar (a kind designed to be eaten right before exercise)

IF YOU HAVE > 2.5 HOURS

- Eat a regular meal, but go easy on very high fat or fiber meals.
- You may also benefit from a small snack about an hour before your event.

