



PRE-MATCH FUEL

WHAT IS IT? The ideal pre-match snack consists of primarily carbohydrates for quick and efficient energy with very little protein, fat, or fiber.

PURPOSE:

- Supplies liver/ muscle glycogen
- Prevents hunger during competition
 - Stabilizes blood glucose levels
 - Provide adequate fluids

BENEFITS:

- Body's preferred fuel during intense exercise
- Prepares the brain for split-second decision-making
- Helps mental concentration

50g Carbohydrate Fuel

8 oz of orange juice & 1 medium banana

4 graham crackers & 2 cups low-fat milk

1 oatmeal-to-go bar

2 slices of bread & 1 tbsp of peanut butter

1 small bagel & 3oz low-fat cream cheese

1 ½ cup dry Life cereal

1 chewy granola bar & 2 cups of Gatorade

1 cup fat-free yogurt & ½ cup strawberries

6 rice cakes

2 individual applesauce cups

3 large handfuls of Goldfish

1 package of pretzels (2 ounces)

1 English muffin and 2 tbsp jelly

25 saltine crackers

1 cup grape juice, 1 orange, and 3 graham crackers

2 Nutri-Grain bars



Goal:

Aim for approximately 50-70g of carbs within 1 hour of competition.