

# training table sports nutrition

Training Starts at the Table

## Pre-Training Fuel

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**2-3 hrs Before (\*may need another snack before training\*)**  
**300-400 calories; mixed sources**  
**12-20 oz. fluid + options below**

2 slices bread + 2 slices turkey + 1 slice cheese  
small bagel + 1 Tbs each low fat cream cheese and jelly  
English muffin + 1 Tbs peanut butter + small banana  
2 eggs + 2 slices toast with jam  
Greek yogurt + 2 Tbs granola + ½ cup fruit  
¼ cup trail mix + 8 oz apple juice  
2 slices low fat cheese melted on 2 slices bread  
2 granola bars + 8 oz low fat milk  
2 toaster waffles + 2 Tbs maple syrup or jam  
Larabar + 12 oz cranberry juice  
Subway Breakfast sandwich or McDonald's EggMcMuffin

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**2 hrs Before**  
**Up to 300 calories; mixed sources**  
**12-20 oz fluid + options below**

1 cup low fat fruit yogurt + 1 cup apple juice  
Small bagel + 1 Tbs peanut butter  
2 slices bread + 2 slices turkey + lettuce/tomato  
2 string cheese + 6 saltine crackers + small fruit  
½ cup low fat granola + 6 oz non fat vanilla yogurt  
6 baked pita chips + 1/3 cup hummus  
English muffin + 2 slices low fat cheese  
small cinnamon raisin bagel  
Clif Bar or PowerBar or Zone Bar  
10 oz yogurt smoothie  
12 oz chocolate milk

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**1-2 hours Before**  
**Up to 200 calories; carbohydrates (up to 50 gm)**  
**10-20 oz fluid + options below**

1 original PowerBar or Zone Bar or Clif Bar  
1 cup noodles + 1 Tbs grated parmesan cheese  
1 small bowl low-fiber cereal + skim milk  
(corn flakes/corn chex/rice krispies, etc)  
Fruit smoothie with 1 cup low fat yogurt + ½ cup berries  
½ peanut butter and jelly sandwich  
Kashi TLC bar + 8 oz sports drink  
1 string cheese + 7-10 pretzel sticks  
3 Tbs dried fruit + 8 oz sports drink  
6 oz low fat fruited yogurt  
Mini bagel + 1 Tbs jam  
Apple + 1 Tsp peanut butter  
1 packet flavored oatmeal + ½ banana

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**15-30 minutes Before**  
**Up to 100 calories; carbohydrate (up to 25 gm)**  
**7-10 oz fluid + options below**

½ cup applesauce  
1 slice toast + 2 tsp jam  
¾ cup dry cereal (corn chex, cinnamon Life, Cheerios)  
6 inch banana  
20 grapes  
3 Tbs dried fruit (small handful)  
1 Nutri-Grain bar  
1 Clif Kid ZBar  
Gatorade Prime 01  
1 sports gel **or** 16 oz sports drink  
1 low fat granola bar  
2 fig bars  
10-12 animal crackers or 10-12 pretzels  
30 goldfish

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**Immediately Before**  
**Up to 60 calories; carbohydrate (up to 15 gm)**  
**Options below**

7-10 pretzels  
½ banana  
1 fig bar  
20 grapes (about 1 cup)  
8-10 animal crackers  
15-20 goldfish  
6 large jelly beans  
¼ bagel  
½ sports gel  
8 oz sport drink

Note: Keeping hydrated throughout the day is important! Monitor your hydration status by urine color – goal is light yellow. If you are outside or in hot/humid conditions, consume a sport drink with added electrolytes.

“Energy Drinks” (Red Bull, etc) are not appropriate for pre-training fuel and should be avoided!!!

