

# Post exercise suggestions:

## Immediately:

- sports drink
- fruit smoothie
- chocolate milk
- yogurt
- flavored soy milk
- juice
- bananas
- oranges
- dried fruit
- Bagel



## A little later:

- turkey sandwich on whole wheat
- chili and cornbread
- bean or chicken noodle soup and a baked potato
- cottage cheese and fruit
- peanut butter and jelly sandwich
- bean and cheese burrito
- pasta with chicken and veggies
- cereal and milk
- rice and black beans with salsa and cheese



# Meal Ideas for Sports Nutrition



## Providing You with Meal Ideas on:

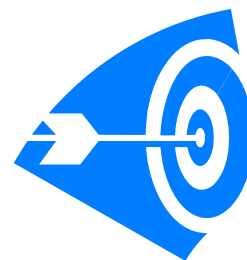
Pre exercise consumption  
During exercise consumption

**AND**

Post exercise consumption

Get on target and start eating right today!

**Sacramento State  
Student Health Center  
Health Education Department  
Wellness Program  
287-5422**



# Pre Exercise suggestions:

## 3-4 hours pre game/event time

- cereal or oatmeal (low sugar)
- milk (low-fat/nonfat)
- banana
- 1 sl. whole wheat bread



- 1 turkey sandwich
- apple
- milk (low-fat/nonfat)

- 1 whole wheat bagel
- 1 tbsp peanut butter
- 1 tbsp jam
- fruit or yogurt



- whole grain pancakes (limit butter and syrup)
- applesauce or fresh fruit
- low-fat cottage cheese

## Smaller Meals (1-2 hours before)

- sports bar
- banana
- water or sports drink
  
- orange
- low fat yogurt
- 1/2 whole wheat English muffin

- low-fat muffin
- Smoothie (fruit and yogurt)



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- graham crackers
- peanut butter
- soy milk

# During Exercise suggestions:

Exercise Over 60 minutes

## Keep it Simple!

- sports drink
- sports gels (GU, etc.)
- sports bars
- sports gummies
- fig bars
- bananas
- oranges
- pretzels
- hard candies
- boiled potatoes with salt
- dried fruit
- graham crackers
- cereal
- peanut M&M's
- licorice



Aim for 30-60 g of carbohydrate per hour

