

Athlete Nutrition Information

2-3 Hours before competition, try whole grains or complex carbs with a healthy fat. Some examples include:

- whole grain toast with nut butter and a banana
- whole wheat egg sandwich with an avocado spread
- oatmeal with dried fruit

Pre-Performance

While competing try for things with little fiber. Some examples include:

- Graham crackers
- Pretzels
- Dry cereal
- Banana

30 Minutes before competing try to have a simple sugar some examples include:

- fruit snacks
- raisins

During the Competition

After competition mix proteins, carbohydrates, and fats. Some examples of this include:

- Grilled Chicken, Broccoli, rice, and chocolate milk
- Chocolate milk and turkey sandwich with avocado spread
- Salmon, sweet potatoes, and a glass of chocolate milk

Post-Performance

