

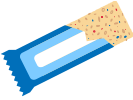
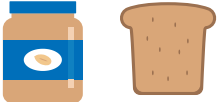
SNACKING FOR CHAMPIONS

Here's a helpful list of options to consider to keep you fueled.

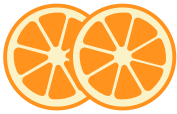
HYDRATION

Fluids	Water, Sports drinks	 
--------	----------------------	---

PRE-SPORT SNACK

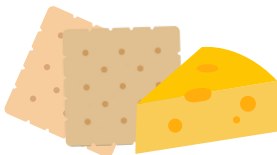
When to eat	30 - 60 minutes before sport.		
What to eat	Simple carbs, Fluids, Electrolytes		
Examples	FRUIT 	GRANOLA BAR 	PB + WHOLE GRAIN TOAST 
	PRETZELS 	TRAIL MIX 	

MID-SPORT SNACK

When to eat	When training or competition is 60+ minutes.		
What to eat	Simple carbs, Fluids, Electrolytes		
Examples	PRETZELS 	ORANGE SLICES 	APPLE SAUCE 
	DRIED FRUIT 	ENERGY GELS 	GRAPES 

SNACKING FOR CHAMPIONS

Here's a helpful list of options to consider to keep you fueled.

POST-SPORT SNACK	
When to eat	30-60 minutes after sport.
What to eat	Carbs, Protein, Fluids
Examples	CRACKERS + CHEESE  GRILLED CHICKEN WRAP  YOGURT AND BERRY SMOOTHIE  CHOCOLATE MILK + BANANA 



TOP TIP: Don't try new snacks or drinks on the day of a competition! Test them out on practice days first.