

PRE-PRACTICE FUELING GUIDE

A practical framework for eating before training

Think: familiar + easy to digest

Before practice, choose foods the athlete knows work well for them. Avoid experimenting with new foods right before an important competition.

If you have 2–4 hours

- Build a regular meal with a carbohydrate-rich food, a protein source, and produce as tolerated
- Examples: chicken/turkey + rice + vegetables; sandwich + fruit; oatmeal + yogurt + fruit

If you have 1–2 hours

- Choose a smaller, easier-to-digest meal or snack
- Examples: yogurt + fruit; turkey wrap; oatmeal; crackers + cheese; smoothie

If you have less than 60 minutes

- Keep it small and familiar
- Examples: fruit, applesauce, pretzels, toast, or another tolerated carbohydrate-rich snack

Avoid last-minute pressure

Athletes do not need to force a large meal immediately before training. Individual tolerance matters.

For athletes and families: individual nutrition needs can vary by age, growth, training load, medical needs, and other factors. For individualized guidance, consult a qualified sports dietitian or healthcare professional.