

## PRE- TRAINING MEALS

Pre-exercise meals should prepare you for activity and leave you neither hungry nor with undigested food in your stomach. The size and timing of pre-exercise meals are inter-related.

It is not ideal to exercise on a full stomach, therefore larger meals should be consumed 3-4 hours before exercise, whilst small snacks can be consumed in closer proximity.

Meals/snacks should provide sufficient fluid to maintain hydration, relatively low in fat and fibre to facilitate gastric emptying and minimize gastrointestinal distress, be relatively high in carbohydrate to maximize maintenance of blood glucose, be moderate in protein content, and consist of foods familiar and well tolerated to the individual athlete.

Examples of pre-exercise meals and snacks:

|  |
|--|
| <b>2 - 4 hours before exercise</b><br>(e.g. breakfast before morning session or lunch prior afternoon session)                                       |
| Breakfast cereal (1 cup or 2-3 wheatabix) with low fat milk & fruit  |
| Porridge (medium to large bowl) with low fat milk & fruit juice  |
| Toast ( 2-3 pieces), muffins or crumpets (large with honey/jam)  |
| Beans on toast (half large tin with 2 thick slices)  |
| Low fat rice pudding with tinned fruit (large tins)  |
| Pasta (100-150g) with low fat, tomato based sauce  |
| Jacket (medium) potato with beans (half large tin)   |
| Large Roll / tortilla/ sandwich with lean meat filling & banana  |
| Fruit salad with low fat yogurt (150g) or fromage frais  |
| Smoothie based on low fat milk, low fat yogurt (250ml) and fruit   |
| <b>Within an hour before training</b><br>(examples of snacks which can be consumed in the hour before training sessions e.g. early morning sessions) |
| 1 Large Banana and cereal bar and water/fruit juice  |
| 1 or 2 cereal bars and fruit juice/water   |
| 50 - 100 g Jelly beans or babies & water   |
| Medium Bagel/ 2 x toast and fruit juice/water  |
| 2 wheatabix with low fat milk and orange juice/water   |

\*quantities are general and for specific individual amounts please contact me.

