

Football Snacks

Strategic snacking can improve performance during training, practice, and on game days. Consider the timing and macronutrient content to step your game up.

2-4 Hours Before Training

Carbohydrates are our bodies first choice for energy. If you need to opt for a snack instead of a meal, consider one that is filling and high in carbohydrates. Snack on foods like yogurt with berries and granola, chips with salsa, toast with hard-boiled eggs, or protein oatmeal.



1-2 Hours Before Training

As your training session gets closer, grab smaller portion snacks that you tolerate well. Aim to keep them low-fiber and low-fat to reduce the chance of an upset stomach.



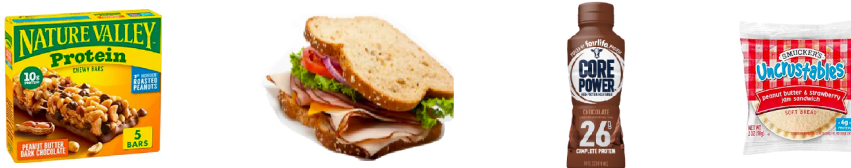
During Training

If your workout is longer than 2 hours, refueling with a combination of 40-75 grams of carbohydrates per hour and hydration will maintain steady energy levels. Go for sports drinks, juices, fruit, energy chews, or dried fruit.



30 Minutes - 2 Hours After

To optimize muscle recovery, it's recommended to eat between 15-25 grams of protein with a 1:3 ratio to carbohydrates. For example, if your snack has 10 grams of protein, pair it with 30 grams of carbohydrates. **Pro Tip:** To decrease muscle soreness and increase gains even more, include snacks with the amino acid, leucine, like milk.



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Source:
<https://www.istockphoto.com/portfolio/LauriPatterson?mediatype=photography>
 Karpinski C, Rosenbloom C, eds. Sports Nutrition: a Handbook for Professionals. Sixth edition. Academy of Nutrition and Dietetics; 2017
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