

Choosing the Right Breakfast Food

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Oneonta State Athletics

Breakfast

During the night, an athlete's glycogen stores are depleted during the 10-14 hour fast. Breakfast works wonders for improving the quality of your diet. That is, eating breakfast results in less "junk food" later in the day. Breakfast also enhances weight control, sports performance, daily energy levels and future health. Breakfast is indeed the meal of champions. Make it a habit no excuses!



Breakfast for the morning exerciser

If you exercise first thing in the morning, you may not want a big pre-exercise breakfast; too much food can feel heavy and uncomfortable. However, you can likely tolerate half a breakfast, such as half a bagel, a slice of toast, or a banana before your workout. Just 100 to 300 calories can put a little carbohydrate into your system, boost your blood sugar so that you are running on fuel, not fumes, and enhance your performance.

One simple post-exercise breakfast is fluids. Liquid breakfasts take minimal time to prepare and very little time to drink, yet they can supply the calories, water, carbohydrates, proteins, vitamins and minerals you need all in a travel mug.

Late morning breakfast can also help refuel the muscles, subside hunger and curb lunchtime cravings. Some ideas for a second breakfast include: (instant) oatmeal, multi-grain bagel with peanut butter, yogurt with granola, a banana or any other carbohydrate-rich foods that conveniently fit into your schedule.

Breakfast for the noontime, afternoon, and evening exerciser

A hearty breakfast is important for people who exercise later in the day. It not only tames hunger but also provides the fuel needed for hard workouts.

Research has shown that athletes who ate breakfast, then four hours later enjoyed an energy bar five minutes before a noontime workout were able to exercise 20% harder at the end of the hour long exercise test compared to when they ate no breakfast and no pre-exercise snack. (They worked 10 percent harder with only the snack.)

BREAKFAST WORKS!

BREAKFAST + A PRE-EXERCISE SNACK WORKS EVEN BETTER!

