

# Snacks before Competition

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## Oneonta State Athletics

*The kind of snack you should choose before a competition depends on how long you will be exercising.*

For competitions lasting longer than one hour, during which you will not be eating, choose carbohydrates that digest slowly. Some examples of these foods are yogurt, bananas, and oatmeal with milk, apples, and energy bars.

If you will be exercising for less than one hour, choose carbohydrates that digest easily. Some of these foods include crackers, bread and English muffins. One hour before exercise, eat one gram of carbohydrate for each kilogram of your body weight. If you weigh 70 kilograms, you should eat 70 grams of carbohydrate.

*Avoid foods high in fat, sugar, or fiber before exercising.*

Some examples of high fat foods include cheeseburgers, French fries, and ice cream. These foods take longer to digest and may cause stomach discomfort. Many athletes cannot handle sugary foods such as soft drinks and candy before exercising. High sugar foods may cause your blood sugar to drop quickly during exercise. A drop in blood sugar can leave you feeling light-headed and tired. High fiber foods may cause gas and stomach discomfort for some people.

*Eat snack foods that you are used to eating.*

It is best not to try a new food before a sports competition. Each person handles foods differently. Certain foods may cause stomach cramping, gas, or diarrhea (loose, watery stools) in some people. If you do not handle a new food very well during competition, it may affect your performance. You may need to slow down, or even stop the activity. Try new foods during a workout on a different day.

### *Snack Ideas*

- Apple or banana with peanut butter
- Carrot and celery sticks with dressing
- Cottage cheese with fresh or canned fruit
- Dry cereal with dried fruit
- Crackers and hummus
- Yogurt and canned fruit
- Slice of leftover pizza
- Small bowl of soup
- Trail mix
- Whole grain bagel with peanut butter and yogurt

