

BEFORE



The hour before exercise aim for **25-30 grams** of easy to digest carbohydrates:

- Sports drinks
- Mini-bagel
- Handful of pretzels

DURING

During exercise longer than 1.5 to 2 hours, aim for **30 to 60 grams** of carbohydrate to provide additional fuel to working muscles:

- Sport gels or blocks
- Orange slices
- Vanilla wafers



AFTER



After exercise, refuel to replenish muscle glycogen with carbohydrate and protein:

- Turkey sandwich on 2 slices of bread
- String cheese with whole grain crackers
- Fruit, yogurt, and bread sticks