



Feeding or Fueling?

Bottom Line.... Athletes Fuel... Lazy one Feed !

- Training requires regular fueling!
- You cannot improve performance without fuel in your system
- Eating big at night makes over-fat athletes
- The goal is to IMPROVE during, not just complete a workout
- **Fueling** means eating enough early in your day so you feel ready to go for practice.
- **Feeding** means eating is an afterthought and dinner is usually your largest meal.
- **What to do?**
 - Eat within 2-3 hours before practice**
 - Eat Breakfast
 1. Oatmeal, banana and some milk
 2. French toast, milk and fruit
 3. Granola and yogurt
 4. Smoothie made with yogurt, fruit and with added protein powder
 - Eat lunch
 1. 6"-foot long low fat sub
 2. Bean, chicken, rice burrito
 3. Chicken, rice and veggies
 4. PBJ and Milk
 5. Granola and Milk

