

Fueling for Sport Nutrition

What to Eat During Activity

Most athletes do not need to eat during activity. It may cause stomach upset.

When you are active for more than 1 hour, aim for 30–60 g of carbohydrate per hour from food or drink.



1 large banana
27 g carbohydrate



4 dried apricots
22 g carbohydrate



1 medium orange
15 g carbohydrate



1 small (28 g) box raisins
22 g carbohydrate

What to Eat After Activity

Less than 24 hours before next activity

Eat carbohydrate and protein rich foods within 30 minutes after activity.

More than 24 hours before next activity

Eat carbohydrate and protein rich foods at next meal or snack.

Carbohydrate foods

- fruit or smoothie
- whole grain bread, buns, pitas, wraps, bagels
- whole grain pasta, quinoa
- cereal
- milk or fortified soy beverage

Protein foods

- lean meat, fish, poultry, tofu
- beans, lentils
- nuts, seeds, nut butter
- cottage cheese, Greek yogurt, cheese