

NUTRITION Quick Tips

What should A child eat before practice? At meets? What are some hydration tips?

The best pre-practice, or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.