



OhioHealth Sports Medicine

Breakfast

When to eat

- Eat within 1 hour of waking
- 20-30 minutes prior to morning workout

What to eat

- Powerful pairing
 - Carbohydrates for energy
 - Protein to rebuild muscle
 - Healthy fats to keep you satisfied
- Choose 2-3 different food groups
 - Grains, fruits, vegetables, protein and dairy
- Include a beverage
 - Milk, water, 100% juice
 - Limit caffeine intake, your body needs energy from food first
- Try non-breakfast foods
 - Leftovers from dinner or pizza from the weekend

Examples

- Cereal and low-fat milk
- Fruit smoothie made with yogurt
- Peanut butter toast, banana, glass of milk
- Yogurt, granola, fruit
- Whole wheat bagel, egg, cheese
- Granola bar and cheese stick
- Trail mix with dry cereal
- Turkey and cheese sandwich
- Cold pizza

Why is breakfast a good thing?

- More energy
- Better concentration
- Healthy weight
- Better grades
- Improved athletic performance

Morning hydration is important too!

- Drink water, a sports drink, or small portions of 100% juice.
- 16-24 oz. 2-3 hours before activity
- 5-10 oz. 20 minutes before activity
- 4-8 oz. every 15 min during activity

NEED MORE
INFO?

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