

Pre-exercise snacks

Eaten approximately one hour before exercise with a drink of water

- Fresh fruit and glass of milk
- Small wholemeal sandwich filled with honey or jam and peanut butter
- Cereal bar or dried fruit bar such as Nak'd bar
- Pot of fruit yoghurt and a banana or apple
- Small packet or pot of dried fruit e.g. raisins, apricots
- Breakfast cereal with milk
- Yoghurt drink or flavoured milk
- Wholemeal crackers or rice cakes with a little cheese
- Homemade muffins, cake or traybake

Pre-exercise meals

Eaten 2-4 hours before exercise with a drink of water

- Sandwich/roll/bagel/wrap filled with tuna, cheese, chicken or peanut butter
- Jacket potato with cheese, tuna or baked beans
- Pasta with tomato-based sauce and cheese or a lean Bolognese sauce
- Rice or noodles with chicken or lentils
- Breakfast cereal with milk or banana
- Porridge with raisins
- Lentil/vegetable or chicken soup with wholemeal bread or roll
- Omelette with toast/bread
- Poached or scrambled eggs on toast