

Examples of pre-exercise meals/snacks

- smoothie using 1% or skim milk, low fat yogurt and banana or strawberries
- toast/bagel/English muffin with jam or honey and a glass of 1 % milk or low fat enriched soymilk
- lower fiber cereal with 1% milk and a sliced banana
- poached egg on dry toast and a glass of water.
- pasta with tomato sauce or meat/tomato sauce (made with extra lean ground beef or lean ground poultry) and 1% milk to drink
- bagel or sandwich with lean meat/poultry/fish, lettuce and a glass of water
- cottage cheese or low fat yogurt with peaches/grapes/banana on top, slice of toast or crackers, and water
- any lean poultry (skinless breast meat is lowest in fat), fish (white fish such as cod and sole are lowest in fat) or meat (little marbling present and fat trimmed before cooking) with plain rice/potato/pasta, a vegetable, and milk to drink.



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