



SMART SNACKING

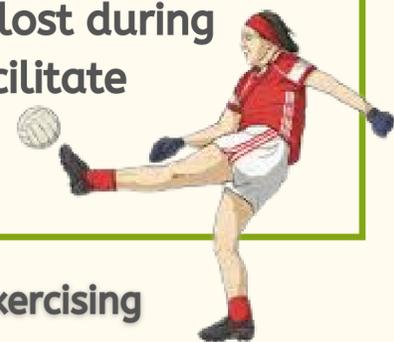
The GAA Recipes for Success Resource contains lots of tasty recipes that can help to fuel your body and support your performance: [Click Here to Download](#)

PRE- EXERCISE

- Eating the correct foods before training or matches is important to help boost energy stores.
- Foods rich in carbohydrates will provide energy that is required for high intensity exercise and will help to sustain performance.
- Consuming foods containing protein can also help to enhance performance by increasing the rate of protein muscle synthesis.

POST- EXERCISE

- After exercise, it is important to replace the energy stores that are used up during physical activity by consuming foods rich in carbohydrates.
- It is also important to include foods high in protein as it this will help to facilitate the repair of muscle tissues.
- Replacing fluids that are lost during exercise is essential to facilitate rehydration.



PRE-WORKOUT SNACKS

Aim to fuel for energy and hydrate prior to exercising

Blueberry Muffins



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Granola



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Baked Apple Porridge



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Brown Bread



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Pancakes



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POST-WORKOUT SNACKS

Aim to re-fuel energy stores, repair muscle tissue and rehydrate

Smoothies & Shakes



Page 16 & 17

Omelette



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Hummus & Dips



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Energy Nut Balls



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Nut & Seed Bars



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HEALTHY SNACKING

Choosing healthy snacks throughout the day can help to keep hunger at bay, enhance your performance and aid recovery



Including fruit & veg can help you reach your 7 a day & are packed with Vitamins & Minerals



Include nuts & seeds to increase fibre, protein & essential fatty acids



Rice / corn cakes with nut butter are quick, & tasty snacks that include protein & healthy fats



Popcorn/ wholegrain crackers/oat cakes Wholegrains provide fibre and give a feeling of fullness, while also aiding the digestive system



Choose yoghurts/ smoothies / shakes to boost your calcium intake