

V. QUICK TIPS

A. HIGH PERFORMANCE MEALS AND SNACKS

Choose from these foods

Slow down on these ^{⊗⊗}

<p>Breakfast</p> <p>French Toast Hot & cold cereals Pancakes Fruit Toast/Bread 100% Fruit juice Bagels Low fat milk (Chocolate ok) Boiled egg</p>	<p>Donuts Bacon Pastries Fried potatoes Fried eggs Soda/pop Sausage Coffee</p>
<p>Mid-Morning Snack</p> <p>Bagels 100% Fruit Juice Fig Newtons* Instant Breakfast* Fruit Low fat milk Pretzels Gatorpro* Bread Low fat Yogurt Power Bars* Boost*</p>	<p>Pastries High fat muffins</p>
<p>Lunch</p> <p>Sandwiches (make triple deckers - 3 pieces of bread, but <u>not</u> 2 servings of meat):</p> <p>Turkey Hummous Roast beef Salad Tuna salad Baked potato puffs Seafood salad Extra bread Ham Low fat milk (chocolate ok) Ham salad 100% Fruit juice Fruit Cheese (2 slices max)</p>	<p>French fries Fish patties Burgers Deli meats Hot dogs Chips Fried chicken patties Soda/pop Croissant sandwiches Punch Cheese sandwiches</p>
<p>Pre-Practice/Pre-Competition Snack (2 hours before event)</p> <p>Pretzels Gatorlode* Low fat yogurt Bread Fig Newtons* Power Bars* Fruit Bagels Boost* Instant Breakfast* (mixed in water)</p>	<p>Potato chips Candy bars Corn chips Pizza slices Cookies Soda/pop</p>
<p>Dinner</p> <p>Chicken, fish, lean beef Tortillas/chapati Red or black beans Greens/salads Rice Vegetables Tofu or tempeh Black-eyed peas Pasta/noodles Potatoes Yams Milk (low fat/chocolate) Bread 100% fruit juice</p>	<p>Chicken wings Soda/pop Steak/prime rib Butter/gravy Fried foods Alfredo sauce Subs/calzones Cream sauces Burgers Cheese sauces</p>
<p>Evening Snack</p> <p>The choice is yours! If you're going to eat low performance foods, this is the safest time of day to do it (providing that you don't have early morning practices).</p>	<p>Remember: Don't overdo it! This is not a substitute for dinner.</p>

^{⊗⊗} These items are the LEAST HELPFUL in athletic performance. Limit how much and how often you eat them.

* These are brand names, commercially available products.

B. HIGH PERFORMANCE TIPS

<p>Post-event eating is just as important as pre-event eating to assure adequate recovery and decrease risk of fatigue and injury over the season.</p>	<p>Remember to drink water and 100% fruit juice throughout the day. Thirst is not the first indicator of dehydration. Your body can be dehydrated long before you ever feel thirsty.</p>
<p>Eat Power Bars* in place of candy bars.</p>	<p>Consume 100% real fruit juice in place of fruit juice drink, fruit juice cocktail, fruit drink, or fruit punch.</p>
<p>Eat fruit or pretzels in place of chips.</p>	<p>Drink water in place of soda or pop (sodas and pops, especially cola-types, may promote dehydration).</p>
<p>No time, not hungry, nerves before a big match? Avoid fatigue and poor focus by making it a habit to consume a liquid meal supplement like Boost*, Gatorpro* or Carnation Instant Breakfast* (mixed with skim milk or water) instead of skipping a meal or snack.</p>	<p>Water, Gaterlode* and oranges, bananas, or pineapple juice within the first 15 minutes after practice/competition help you rehydrate, re-energize your muscles, and decrease muscle fatigue build-up over the season.</p>

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