

V. QUICK TIPS

A. HIGH PERFORMANCE MEALS AND SNACKS

Choose from these foods

Slow down on these^{®®}

Breakfast French Toast Hot & cold cereals Pancakes Fruit Toast/Bread 100% Fruit juice Bagels Low fat milk (Chocolate ok) Boiled egg	Donuts Bacon Pastries Fried potatoes Fried eggs Soda/pop Sausage Coffee
Mid-Morning Snack Bagels 100% Fruit Juice Fig Newtons* Instant Breakfast* Fruit Low fat milk Pretzels Gatorpro* Bread Low fat Yogurt Power Bars* Boost*	Pastries High fat muffins
Lunch Sandwiches (make triple deckers - 3 pieces of bread, but <u>not</u> 2 servings of meat): 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)	French fries Fish patties Burgers Deli meats Hot dogs Chips Fried chicken patties Soda/pop Croissant sandwiches Punch Cheese sandwiches
Pre-Practice/Pre-Competition Snack (2 hours before event) Pretzels Gatorlode* Low fat yogurt Bread Fig Newtons* Power Bars* Fruit Bagels Boost* Instant Breakfast* (mixed in water)	Potato chips Candy bars Corn chips Pizza slices Cookies Soda/pop
Dinner 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	Chicken wings Soda/pop Steak/prime rib Butter/gravy Fried foods Alfredo sauce Subs/calzones Cream sauces Burgers Cheese sauces
Evening Snack 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).	Remember: Don't overdo it! This is not a substitute for dinner.

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

B. HIGH PERFORMANCE TIPS

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.	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.
Eat Power Bars* in place of candy bars.	Consume 100% real fruit juice in place of fruit juice drink, fruit juice cocktail, fruit drink, or fruit punch.
Eat fruit or pretzels in place of chips.	Drink water in place of soda or pop (sodas and pops, especially cola-types, may promote dehydration).
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.	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.

* indicates brand names, commercially available products.