**FOOD LIST FOR THE ATHLETES**

**TO EAT OR NOT EAT**

**DAY BEFORE A TRACK MEET**

**DO EAT & DRINK**

PASTA, POTATOES, PEANUT BUTTER & JELLY, BANANAS, ORANGES, TOAST, ANGEL FOOD CAKES, PIZZA AND PLENTY OF WATER

**DO NOT EAT OR DRINK OR PLAY**

DARK SODAS, CANDY WITH NUTS OR FRUITS, MILK OR MILK PRODUCTS, (THIS INCLUDES BUTTER), GREASY FOODS, GRAVIES, LARGE QUANTITIES OF MEAT, HIGH SODIUM SPORTS DRINKS, NUTS

NO SWIMMING, BASKETBALL, TENNIS, FOOTBALL, MARTIAL ARTS OR OTHER SPORTS WHILE ON MY TIME

 **BE IN BED BY 9:00 P.M. (YOU WILL WAKE UP BEFORE OR AT 6:00 A.M.)**

**MORNING OF A TRACK MEET (BREAKFAST**)

ALL ATHLETES MUST EAT SOME FORM OF BREAKFAST AS OUTLINED BELOW, A MINIMUM OF TWO HOURS BEFORE COMPETING IN AN EVENT. THIS WILL REQUIRE EATING YOUR MEALS NO LATER THAN 6:00 A.M. DO NOT BRING BREAKFAST TO THE MEET SITE OR EAT ON YOUR WAY TO THE MEET. IT WILL BE TOO LATE TO DIGEST THE FOOD AND COMPETE AT A COMPETATIVE LEVEL.

**DO EAT & DRINK**

DRY CEREAL, PEANUT BUTTER & JELLY, BANANAS, ORANGES, THE JUICE ONLY AND NOT THE PULP OF THE ORANGE, OATMEAL, MALT-O-MEAL, CREAM OF WHEAT, PANCAKES AND WAFFLES WITH SYRUP. CHOCOLATE BAR WITHOUT NUTS, GRANOLA BARS WITHOUT NUTS, FRUIT TARTS

APPLE JUICE, WATER, HONEY, ORANGE JUICE FROM ORANGES NOT PROCESSED ORANGE JUICE

**DO NOT EAT OR DRINK**

MILK OR MILK PRDUCTS, (THIS INCLUDES BUTTER), GREASY FOODS, MEAT, PLUMS, GRAPES, PEACHES.

**DURING AND AT THE TRACK MEET DO EAT & DRINK**

*DRINK PLENTY OF WATER, JUICE* FROM AN ORANGE, NOT THE PULP, HONEY AS NEEDED, CHOCOLATE BARS WITHOUT NUTS, PEANUT BUTTER & JELLY, 10-K, POWERADE OR OTHER LOW SODIUM SPORTS DRINKS, GRANOLA BARS, PICKLE JUICE, WATERMELON, STRAWBERRIES, APPLE PEELED, ANGEL FOOD CAKES, TWINKIES, CHEESE. **P&J IS EATEN DURING THE TRACK MEET, CHICKEN, TUNA, & TURKEY SANDWICHES CAN BE EATEN AFTER ALL EVENTS ARE COMPLETED.**

**DO NOT EAT OR DRINK**

**Note: YOU ARE NOT ALLOWED TO EAT CONCESSION STAND FOOD WHILE COMPETING, MEAT, PLUMS, GRAPES, PEACHES, DAIRY PRODUCTS, NUTS, CHIPS**

**NOTE:**

IF YOU ARE NOT SURE WHAT TO BUY, ASK A COACH SO THAT YOU DO NOT BUY THE WRONG THING. DO NOT BUY THE ATHLETES WHAT THEY WANT; BUY THEM WHAT THEY NEED TO COMPETE EFFECTIVELY. ***EATING AND REST IS EXTREMELY IMPORTANT!!!***