

YOUTH T & F NUTRITION GUIDE

DAY BEFORE A TRACK MEET

DO Eat and Drink

- Pasta, Pizza, Noodles, Potatoes, Peanut Butter & Jelly Sandwiches, Bananas, Oranges, Toast, Angel Food Cake, Plenty of Water
- For speed / power events (i.e. sprints, hurdles, jumps) eat grilled, baked or roast chicken, turkey
- Be in bed by 9:00 PM (You will be waking up around 6:00 AM)

DO NOT Eat or Drink

- Sodas, Candy w/ Nuts or Fruits, Milk Products (Including Butter), Greasy Foods, Gravies, Large Quantities of Meat, High Sodium Drinks, Nuts
- No Soccer, Swimming, Basketball, Tennis, Football, Martial Arts, or other sports.

MORNING OF A TRACK MEET (Breakfast)

All athletes **MUST** eat some form of breakfast as outlined below, a minimum of 2 hours before competing in an event. This will require eating your meals no later than 6:00 – 7:00 AM. **DO NOT** bring breakfast to the meet site. For many of you, it will be too late to digest the food and perform on a competitive level.

DO Eat and Drink

- Dry Cereal, Peanut Butter and Jelly, Bananas, Oranges (NOT Processed Orange Juice) – the juice only and not the pulp from the Orange, Oatmeal, Malt-O-Meal, Pancakes and Waffles with Syrup, Chocolate and Granola Bars without Nuts, Water, Honey.

DO NOT Eat or Drink

- Milk or Milk Products (Including Butter), Greasy Foods, Meat, Plums, Grapes, Peaches

DURING THE TRACK MEET

DO Eat and Drink

- Plenty of Water, Pedialyte, Juice from Oranges, Honey as Needed, Plain Chocolate, Granola Bars, Peanut Butter and Jelly,
- An Apple (without skin) followed by a small amount of cheese can be eaten immediately following your race/event.

DO NOT Eat or Drink

- Meat, Plums, Grapes, Peaches, Dairy Products, Jams with Fruit and Seeds, Nuts, Sodas.
- Gatorade/Powerade

NOTE: Chicken and Turkey sandwiches can be eaten upon completion of all events. Peanut Butter and Jelly sandwiches can be eaten during the track meet. Athletes are not allowed to each concession stand food unless you have finished competing for the day.

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. Coolers are a great way to store food and fluids during the meet.