

## Fueling To Be Your Best

Whether you have practice or a meet, it is important that you are properly fueled in order to get the best from yourself. “Studies have repeatedly shown that athletes who consume carbohydrates up to one hour before exercise show improvements in performance”. This takes some planning.

### Plan to snack during the school day:

#### Snack Ideas:

Pretzels	Yogurt	Trail Mix	Pear
Almonds	Chocolate Milk	Carrots	Orange
Banana	Wheat Cracker & Cheese	Cold pasta	Dry cereal
Apple	½ PB sandwich	Ensure Shake	

What you eat is as important as *when* you eat it.

#### **If you have:**

3 - 4 hours

2 hours

1 hour

5 - 10 min.

#### **Choose:**

meal

snack

fluids

fluids

#### **Containing:**

Carb + Protein + Fat

Carb + Protein

Carb

Carb

### Sample meals:

#### Breakfast #1:

¾ c. oatmeal w/ raisins

1 banana

1 glass of O.J.

#### Breakfast #2:

cereal w/ 2% milk

1 slice toast w/ P.B.

1 apple

#### Breakfast #3:

1c. yogurt w/ grapenuts

2 slices toast w/ P.B.

¼ c. raisins

#### Lunch #1:

Turkey sandwich

1 orange

Apple juice

2% milk

#### Lunch #2:

Chicken pita w/cheese

Carrot/Apple juice

small salad w/ dressing

Yogurt

#### Lunch #3:

Salad w/ dressing

Soup w/ wheat crackers

PB & J sandwich

2% milk

#### Dinner #1:

Baked chicken

green beans w/ almonds

Baked potato

Fruit plate

#### Dinner #2:

Stir fry beef/broccoli

rice or egg noodles

2% milk

Fruit plate

#### Dinner #3:

Pasta w/ meat sauce

broccoli

fruit w/ yogurt

whole wheat roll