

TRACK & FIELD NUTRITION SUGGESTIONS

DAY BEFORE TRACK MEET

ABSOLUTELY NO FRIED FOODS / NO DAIRY / NO SODAS

LOTS OF HIGH CARB FOODS:

PASTA
BEANS
VEGETABLES
SWEET POTATOES
WHITE BREAD
RICE
CHICKEN / FISH

DAY OF TRACK MEET

ABSOLUTELY NO NUTS OR TRAIL MIX / NO FRIED FOODS / NO DAIRY / NO SODAS /
NOTHING FROM THE CONCESSION STANDS

HIGH PROTEIN / LOW SODIUM:

PROTEIN SMOOTHIE / SHAKE (SUBSTITUTE SOY FOR DAIRY)
PEANUT BUTTER & JELLY SANDWICHES
BAKED SWEET POTATOES
GRILLED / BAKED CHICKEN OR TURKEY
TUNA SANDWICHES
BABY FOOD VEGETABLES
BANANAS

HIGH WATER CONTENT FRUITS & VEGETABLES:

WATERMELON / GRAPES / CANTALOUPE - 97% WATER (CUT IN BITE SIZE SQUARES)
CUCUMBERS - 95% (PEELED & SLICED)
TOMATOES - 95% (SLICED / NO SALT)
FRUIT CUPS - SEALED IN OWN JUICE OR WATER

QUICK ENERGY SNACKS:

ENERGY SMOOTHIES (SUBSTITUTE SOY FOR DAIRY)
FIG NEWTONS
REAL FRUIT CHEWS
GRANOLA BARS

DEHYDRATION REMEDIES:

PARENTS AND COACHES ARE EQUALLY RESPONSIBLE - AT NO TIME SHOULD AN ATHLETE BE
ALLOWED TO RUN IF SICK OR DEHYDRATED!
FUEL DRINKS (F.R.S.) - 4 TO 6 OZS RIGHT BEFORE EACH RACE EVENT
GATORADE GEL FUEL PAKS - 1 RIGHT BEFORE EACH RACE EVENT
PEDIALYTE FORMULA (4 TO 6 OZS IMMEDIATELY AFTER EACH RACE EVENT FOR QUICK RECOVERY)
WATER - SIP CONTINUOUSLY EVERY 2 - 5 MINUTES THROUGHOUT THE TRACK MEET