

What to eat?

Before early am practice:

- Eat something before morning workout (bananas, bagels, dry cereal, juice, applesauce, toast...)
 - Even if just a handful to get your metabolism moving and your energy up!
 - Everyone can find *something* that they can eat before workout!
- Eat breakfast directly after workout

Breakfast:

Good Foods To Eat:

- Plain Scrambled Eggs
- Bagels
- Toast
- Pancakes
- Waffles
- Cold/Hot Cereal
- Hard Boiled Eggs
- Fruits
- Orange Juice
- Milk/Chocolate Milk (skim preferred)

Foods to Moderate:

- Bacon
- Sausage
- Donuts
- Butter
- Peanut butter
- Fried entrées/sides
- Heavy syrup

Lunch and Supper:

Good Foods To Eat:

- Salad
- Fresh/cooked Vegetables
- Fruit
- Pasta
- Sandwiches
- Wraps
- Grilled Entrées
- Grilled/Baked/ Roasted meats (chicken, fish, beef)
- Broth soups
- Mashed potatoes
- Milk/Chocolate Milk

Foods To Moderate:

- Fried Entrées
- Foods with heavy cream/cheesy sauces
- Cream soups
- Cookies/bars/ice cream
- Pizza
- Tacos
- Hotdogs
- French Fries
- Salad Dressings (or choose Fat Free)
- Potato salad

Tips:

- Eat from all 5 food groups daily: Grain, Vegetable, Fruit, Dairy, & Meat
- High-carb diet, 60-70% daily calories
- Make sure you eat enough carbohydrates from breads and pastas—**especially at supper**
- Eat within $\frac{1}{2}$ hour after all workouts, even if it's only a quick (high-carb) snack
- Try to drink milk with your meals
- Drink water throughout the day
- If you eat lunch early, plan a snack before practice (i.e. Fruits, pretzels, bagel, crackers, granola bars, etc)
- Eat enough for breakfast, it will help in avoiding overeating later in day
- Start drinking after $\frac{1}{2}$ hour into workout with a sports drink or water.



Picture of a good Lunch and/or Dinner. It can have more quantity of everything, but it should have all the above: Carb (pasta), vegetables, fruits, protein.