

Nutrition for PTX Athletes

WHAT SHOULD I EAT FOR BREAKFAST

*Low fat yogurt *Cereal(Honey Nut Cheerios) *Milk
*Toast *Fruit *Bagel *Waffle

WHAT SHOULD I EAT BEFORE PRACTICE

*Fruits *Dried Fruits(Raisins) *Yogurt *Lean Turkey Meat w/small
Fruit *Crackers *Pretzels *Granola Bars *Small Vegetable
Bowl(cut up)
Eat 60 to 90 Minutes before practice

WHAT SHOULD I EAT DURING PRACTICE

*Carrots *Celery *Apples *Grapes *Cucumbers *Watermelon
*Granola Bars *Nuts *Raisins *Blackberries *Strawberries
Cut into very small snack sizes

WHAT SHOULD I EAT AFTER PRACTICE

Try to eat within 2 hours after practice

M-TH : Plenty of Carbohydrates and Protein
Friday : Plenty of Carbohydrates and Protein(8-9 Hours of sleep is vital to
performance, no basketball or other sports, PLEASE RELAX)

WHAT SHOULD I EAT DURING TRACK MEET

**Carbohydrates(main source of fuel, will digest quick and be used for
energy by the body**

*Lean Turkey Sandwich(cut into 4 small pieces to eat a little throughout
day)
*Peanut Butter Sandwich(cut into 4 pieces) *Fruits *Vegetables
*Raisins *Nuts *Fig Bars *Muffins

WHAT SHOULD I EAT AFTER TRACK MEET

Try to eat within 2 hours after track meet

Plenty of Carbohydrates and Protein

FRUITS & VEGETABLES

*Grapes *Bananas *Watermelon *Papaya *Kiwi *Black Berries
*Oranges *Grapefruits *Strawberries *Pears *Apples
*Cucumber *Celery *Carrots *Broccoli *Raisins *Nuts

Leafy Green Vegetables: Contains IRON which sends oxygen through the

body to the muscles to build

endurance and prevent

Fatigue.

*Turnip Greens *Kale *Parsley *Spinach

PROTEIN

*Baked Chicken *Salmon *Lean Turkey Meat *Nuts *Beans
*Skim Milk *Nonfat Yogurt *Egg Whites

CARBOHYDRATES

*Pasta *Corn *Fig Bars *Whole Grains *Oatmeal *Sweet
Potatoes

STARCHES

Helps muscles and liver store glycogen. A vital source of energy

*Spaghetti and Meatballs *Pasta *Beans *Rice *Broccoli *Peas
*Corn *Carrots *Potatoes *Ravioli *Bread *Bagels *Pancakes
*Waffles *Cereal *Sweet Potatoes *Muffins

SUPER FOOD(Sweet Potatoes)

*helps with muscle cramps *boost immune system *anti-oxidants

and

anti-inflammatory *maintains fluid and electrolyte balance

*vitamins

and minerals *sustained energy

AVOID

- High sugar foods(Quick burst of energy that don't last)
- Soda, Candy, Doughnuts, Cookies, Minimal Sports Drinks

- **NO PROTEIN 2-3 HOURS BEFORE YOU RUN BECAUSE IT DIGEST SLOW THIS WILL MAKE YOU FEEL TIRED**
WATER * WATER * WATER * WATER * WATER