

# 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**