

Premier Performance Athletics

Athlete Nutrition Guide

Athletes: Please adhere to the guidelines below on what to eat and drink.

DAY BEFORE A TRACK MEET

EAT: Pasta, Pizza, Noodles, Potatoes, Peanut Butter & Jelly Sandwiches, Bananas, Oranges, Toast, Angel Food Cake

NOTE: For speed / power events (i.e. sprints, hurdles, jumps), eat grilled, baked or roasted chicken, turkey

DRINK: Plenty of Water

DO NOT EAT OR DRINK: Sodas, Candy w/ Nuts or Fruits, Milk Products (*including Butter*), Greasy Foods, Gravies, Large Quantities of Meat, High Sodium Drinks, Nuts

MORNING OF A TRACK MEET (Breakfast)

All athletes **MUST** eat some form of breakfast, a minimum of 2 hours before competing in an event, as specified below.

EAT: Dry Cereal, Peanut Butter and Jelly, Bananas, Oranges (NOT Processed Orange Juice) – the juice only and not the pulp from the Orange, Oatmeal, Malt-O-Meal, Pancakes and Waffles with Syrup, Chocolate and Granola Bars without nuts, Honey

DRINK: Water

DO NOT EAT OR DRINK: Milk or Milk Products (*including Butter*), Greasy Foods, Meat, Plums, Grapes, Peaches

DURING A TRACK MEET

EAT: Honey as Needed, Plain Chocolate, Granola Bars, Peanut Butter and Jelly Sandwiches

NOTE: An Apple (without skin) followed by a small amount of cheese can be eaten immediately following the athlete's race/event.

DRINK: Plenty of Water, Pedialyte, Juice from Oranges

DO NOT EAT OR DRINK: Meat, Plums, Grapes, Peaches, Dairy Products, Jams with Fruit and Seeds, Nuts, Sodas, Gatorade/Powerade

Special Notes:

- Chicken and Turkey sandwiches can be eaten upon completion of all events.
- Athletes are not allowed to eat food from the concession stand unless they have finished competing for the day.
- Only purchase what the athlete needs (NOT WANTS) to compete effectively.
- Food and fluids may be stored in coolers during the meet. Investing in a rolling cooler should be considered for convenience.