

Nutrition Tips

The day before a meet, athletes should mainly eat foods that are high in carbohydrates. Carbs, in short, are an excellent source of energy for an athlete. Some of the best options to consider include pasta, crackers, bagels, fruits, vegetables, energy bars, etc. In terms of drinks, they should be drinking water and staying adequately hydrated all throughout the day before a race. They can also drink Gatorade or Powerade for more carbohydrates if you please. I stress again, you must stay hydrated the day before you race. The day of the meet you also need to stay hydrated, but be sure not to drink too much. Athletes should also have at least 7 or 8 hours of sleep the day before a race if you want them to perform well.

On race day, pack a light, healthy snacks to eat before your race for some quick energy. Stick to small meals if you have a little time (30 – 60 min) between events. Here are some suggestions:

- Oranges/ 100% OJ
- Carrots
- Oatmeal
- Honey
- Sports Drink (not too much)
- Low-fat Yogurt
- Raisins
- Nuts
- Peanut Butter (on crackers or PB&J)
- Graham Crackers
- Snickers (considered the healthiest of candy bars, but still no more than half)

If more time is available a light turkey/ham sandwich is also a good option. Keep heavy foods to a minimum before and on race day. Steer clear of sugared soft drinks, processed grains (white bread), french fries, pastries, scones, sugared cereals, wings, chips and buttered popcorn. After your child is done competing for the day, feel free to reward them!