### Morning Foods

#### Least Likely to Support Maximal Performance:
- Salads (low in carbs, high in fiber; better for dinner)
- Vegetables (low in carbs, high in fiber; better for dinner)
- Fried potatoes or potato chips (greasy and difficult to digest)
- Protein supplements or bars (low in carbs)
- Anything fried: like fried potatoes, fried eggs, bacon, or sausage
- Sugary foods like donuts or pastries
- Sugary drinks like energy drinks or sweetened sodas: Coke or Mountain Dew
- Peanuts, cashews, or almonds (they're low in carbs, better to eat in the evening)
- Pastries: pies, cakes, cookies
- Fried foods like French Fries, onion rings
- Large serving of meat

#### Morning Foods

<table>
<thead>
<tr>
<th>Time</th>
<th>Foods</th>
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<tbody>
<tr>
<td><strong>Eat Liberally &gt; 2 hours before event</strong></td>
<td>Hot/Cold Cereal w/ milk &amp; fruit*&lt;br&gt;Fruit smoothie&lt;br&gt;100% fruit juice&lt;br&gt;Instant breakfast drinks&lt;br&gt;Fig Newtons&lt;br&gt;Graham Crackers&lt;br&gt;Pretzels&lt;br&gt;Breakfast bars&lt;br&gt;Peanut butter/honey/jam on bagel/toast/muffin&lt;br&gt;milks, yogurts or yogurt smoothie&lt;br&gt;Pancakes or waffles&lt;br&gt;Eggs (1-2, poached/hard-boiled)<strong>&lt;br&gt;Fish/Meats less than size of small cell phone&lt;br&gt;* Fruits such as bananas, peaches, berries, grapes, and raisins&lt;br&gt;</strong> must eat with one of the above</td>
</tr>
<tr>
<td><strong>1 hour Before Event</strong></td>
<td>Fig Newtons&lt;br&gt;Graham Crackers&lt;br&gt;pretzels&lt;br&gt;popcorn&lt;br&gt;Breakfast Bars&lt;br&gt;Instant breakfast drinks&lt;br&gt;Apple sauce&lt;br&gt;low fat pudding&lt;br&gt;Low fat yogurt&lt;br&gt;yogurt smoothie</td>
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<td><strong>After Training</strong></td>
<td>Low fat milk&lt;br&gt;Yogurt&lt;br&gt;Yogurt Smoothie&lt;br&gt;Instant breakfast drinks&lt;br&gt;liquid meal-replacers&lt;br&gt;Breakfast bars*&lt;br&gt;Sports bars*&lt;br&gt;Hot/Cold cereals w/ low fat milk&lt;br&gt;Bagel/wrap w/ small amt. of spread/meats/cheese&lt;br&gt;Sandwiches w/ mostly bread/bagels**&lt;br&gt;* should have ~10g protein (Less than 15 g)&lt;br&gt;** light on meat or tuna salad</td>
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<td><strong>Within 20 Minutes; 4:1 Carb to Protein Ratio</strong></td>
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### Snack During

#### Preferred Foods:
- Fruit juice<br>sports drinks<br>Goldfish crackers*<br>Graham Crackers*<br>pretzels*<br>popcorn*<br>Bagels or other breads*<br>Dry low fat/fiber cereals*<br>* while sipping water

### Early Lunch

#### Eat at least 2 hours before event
- Spaghetti or macaroni*<br>Baked or mashed potatoes<br>Steamed or lightly fried rice<br>* best if sauce is low fat without meat

### Lunch

#### Preferred Foods:
- pasta, rice, corn, potatoes, or bread
- chicken, tuna or other fish*
- beef or pork, or beans*
- salad and/or steamed vegetables**
- * 4-6 oz serving
- ** vegetables: broccoli/carrots/peas

#### Acceptable Choices:
- Sandwiches or wraps
- Pizza, best without much meat
- Salads w/ egg/low fat cottage cheese/meat

### Dinner

#### Preferred Foods:
- pasta, rice, corn, potatoes, or bread
- chicken, tuna or other fish*
- beef or pork, or beans*
- salad and/or steamed vegetables**
- * 4-6 oz serving
- ** vegetables: broccoli/carrots/peas
- at this meal eat 1 cho, 1 protein 1 fruit/veggie

### Snack Before

#### After Training

### Evening Snack

#### High Fiber, Balanced Protein/Carb, Low Fat
- whole grain breakfast cereal<br>granola<br>Sports/breakfast bars<br>Peanuts, cashews, or almonds<br>dried fruit and nuts trail mix<br>Cheese and fruit or crackers

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**Developed by the University of New Hampshire Athletic Performance Nutrition Team**

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