

Appropriate Food Choices for Tournament Day

****Choose foods that do not have Negative Effects on your stomach**
Pay attention to Serving Sizes**

Water

Gatorade, Vitamin Water, Milk, Fruit Juices (1/day, almost none of you will have a need for the added calories)

Flavored calorie-free drink mixes (you can use the ones with caffeine, just don't overdo it)

Any fruit

Any veggie (Some Ranch is okay, not a bucket of Ranch!!)

Crackers; and yes you can add Cheese/Peanut Butter (just go easy on the cheese and PB)

Baked potato (not with bacon and a bucket of butter/sour cream!! Again some is ok)

Baked Chips (low fat)/ Pretzels

Almonds/Cashews and other nuts; a serving size is $\frac{1}{4}$ - $\frac{1}{3}$ cup (not chocolate covered nuts...)

Pickles (in moderation; the sodium will be good if you are a 'sweater')

Cold Cut/Tuna/Chicken Salad type sandwiches (easy on mayo).

Only eat 6in at a time; you won't have time for a foot-long to digest.

PB&J (is okay...)

Bagels (cream cheese in moderation)

Granola Bar

Cereal Bar

Pasta salad (with limited oils/fatty sauces)

Most soups

Meal replacement shakes

Protein bar

**If in doubt, ask or choose something better

Inappropriate Food Choices for Tournament Day

****If you are consuming these I will not be pleased and it may affect your playing time**
Save it for AFTER you are finished with the tournament.**

Soda (It's dehydrating and leaves you with a Sugar Down)

Energy Drinks (same as above, and too much caffeine which ends with an energy drop; and no diet ones either!)

Coffee/ Cappuccino/ Tea (It's dehydrating and generally ends with an energy drop)

Chocolate/Candy Bars/Candies

Fried Chips/Cheetos, etc.

Cookies, Cakes, Brownies/Puppy Chow, etc.

Ice Cream

Hot Dog/ Chili Dog

Hamburger/ Cheeseburger

Fried Chicken/ Fried Fish sandwiches

Nachos/Chicken Strips/Pizza/French Fries

Taco Bell, McDonalds, fast food (while delicious, not during tournament day!)

Donuts/ Sticky Buns/ Pop Tarts etc.

Sugary Cereals

**If in doubt, ask or choose something better