

## Eating for Peak Performance

Timing	Type of Carbohydrate (Glycemic Index GI)	Suggested Foods
Breakfast	Low GI	Whole wheat toast, peanut butter, oatmeal, banana Bran muffin, OJ, grapefruit
Lunch	Low – Medium GI	Ham&cheese, tuna, turkey chicken sandwich, fruitmix
Before exercise/practice/games (2-3 hours prior)	Low – Medium GI	Bagel, peanut butter, low- fat yogurt, bananas, apples, grapes, Gatorade/Powerade
During exercise/practice/game	Medium Glycemic Index	Gator/Powerade. Protein/ granola bar, corn chips
Post exercise/practice/game (15-45 minutes after)	High Glycemic Index	Waffles, Pop Tarts, cereal, raisins, doughnuts, angel food cake, croissant apple juice
Dinner	High Glycemic Index	grilled chicken, turkey, tuna, rice, sweet potatoes broccoli, carrots, corn