

## CARBOHYDRATE FOODS

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### GRAINS:

whole wheat bread  
bagels  
english muffins  
hot cereals  
cold cereals  
fig bars  
rice  
pasta  
popcorn  
pretzels  
tortillas  
graham crackers  
teddy grahams  
low fat crackers  
bread sticks  
corn bread  
pancakes  
waffles

### FRUITS:

any fresh fruit  
any juice  
dried fruits

### VEGETABLES:

any vegetables

### DAIRY:

Skim or 1% milk  
low fat chocolate milk  
yogurt  
soy milk

### BEANS/STARCHY VEGIS:

black beans  
baked beans  
kidney beans  
peas  
corn  
potatoes

### Sweets:

Angel food cake  
jelly beans  
licorice  
rice krispie bars  
frozen yogurt

## FLUID REQUIREMENTS AND GUIDELINES

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Drink throughout the day!

Drink 2 cups of fluid about 2 hours before practice/event.

Drink 1 cup of fluid during warmups or at the beginning activity.

Continue drinking about 1/2 to 1 cup of fluid every 15 minutes throughout the practice/event.

Drink another 2-3 cups after the activity.