5 tips for packing high energy foods on tournament days:

- **Forget the fats.**
  Fats take longer to be digested and they aren’t an efficient fuel for your working muscles.

- **Stash more starches.**
  This type of carbohydrate gives you long lasting energy to keep your muscles quick and your brain sharp.

- **Easy on the sugars.**
  The boost you get from sugar won’t last long.

- **Save space for fluids.**
  Pack plain water, diluted fruit juice or sports drinks to replace water lost perspiring throughout the day.

- **Fuel up between matches:**
  - **1 hour or less between matches** 🍹 drink sports drink or diluted fruit juice (mix equal parts juice & water).
  - **2-3 hours between matches** 🍹 have a small meal that’s high in carb, moderate in protein and low in fat such as a lean meat sandwich and a piece of fruit.

**QUIZ QUESTION:** Which cooler should you choose on tournament day?

**#1**
- Pop
- Candy bars
- Salami sandwich
- Potato chips
- Fruit

**#2**
- Graham crackers
- Lemonade
- Cold cheese pizza
- Bread sticks
- Fresh fruit

**#3**
- Diluted fruit juice
- Hot dog on a bun
- Ritz® crackers
- Oreo® cookies
- Fresh fruit
**ANSWER:**

**Cooler #1** is packed with mostly high fat, high sugar foods. Cooler #1 wouldn’t help you be #1!

**Cooler #2** is the best choice – these foods are high in carb, moderate in protein and low in fat. The cheese pizza is a good lunch main dish. Crisp bread sticks and fruit are great high carb snacks. The lemonade could be diluted if you needed to drink within an hour of a match.

**Cooler #3** has some good choices, like fruit and diluted juice. The high fat Ritz crackers could be replaced with saltines; angel food cake, animal crackers or graham crackers are low fat alternatives to Oreos. Instead of a fatty hot dog, choose a lean meat or tuna sandwich.