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.