



# Race Day Menu Suggestions!

## Breakfast

Start your day off right with a carbohydrate and protein!  
Try a bagel with peanut butter.  
Avoid caffeine and begin hydrating with water!

## Lunch

Make a Turkey, Fish or Chicken Sandwich on wholegrain bread. Limit the lettuce and tomatoes and skip the mayo!  
High fat and high fiber are **not** your friend on race day!

## Snack---1 to 2 hours Before the Race

Granola Bar and Fruit

## Tips:

- Think of quick foods to digest—today think carbohydrates.
- Eat low fat!
- Limit your fiber for today.
- Avoid caffeine and alcohol!
- Hydrate! Water is the best fluid with which to stay well hydrated. Juices, soda, or drinks with high amounts of sugar take longer to empty from your stomach and can lead to post race nausea.
- Cold fluids hydrate quicker, as they empty from the stomach faster.
- Sports drinks are beneficial for replacing fluid, carbohydrates and electrolytes during activities lasting longer than one hour. You can easily get those nutrients from food.
- After the race, replenish! Fruits and vegetables are your best sources of potassium. Try a banana!

**Stay well hydrated and enjoy the race!**