

NUTRITIONAL INFORMATION

GAME-DAY FOODS



PINEAPPLE



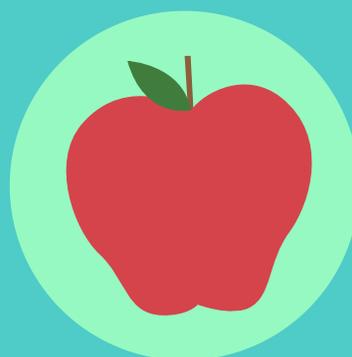
WHITE OR BROWN
RICE



ORANGE



BANANAS



APPLE



SPAGHETTI

NUTRITIONAL INFORMATION

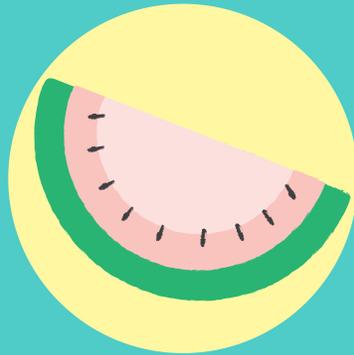
POST-GAME FOODS



BAGEL



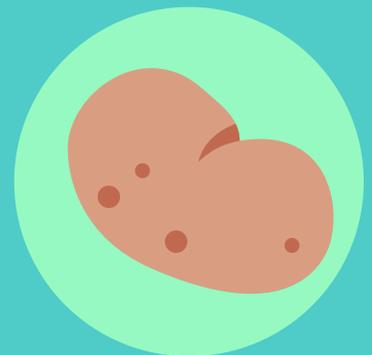
PRETZEL



WATERMELON



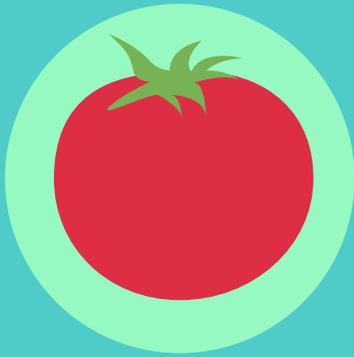
BREAD



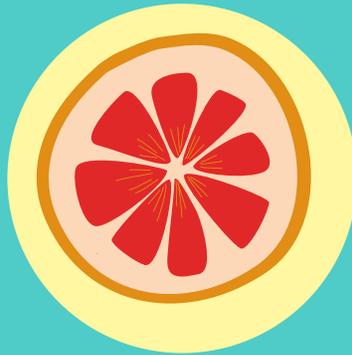
BAKED OR MASHED
POTATOES

NUTRITIONAL INFORMATION

24-HOUR-BEFORE- FOODS



TOMATOES



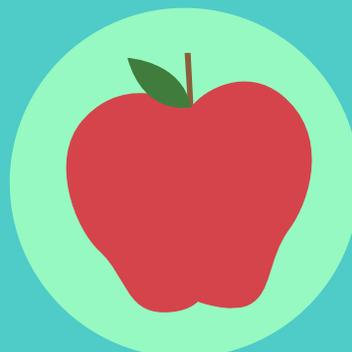
GRAPEFRUIT



MILK



YOGURT



APPLE



CARROTS