

POLICE OFFICER PHYSICAL ABILITIES TEST FOOD INTAKE TIP SHEET

It is important for you, the candidate, to have adequate energy for the Police Officer Physical Abilities Test (POPAT). The hour of your physical test will determine how much and what type of food you should eat. Typically, food eaten will take 4-5 hours to get from the stomach into the blood stream where it will provide you energy to run the test.

If you test early in the morning, before 10:00 am, it's advised you have a normal size dinner the night before. Try not to load up on fats or heavy meats (like steaks or greasy hamburgers). Have a meal that contains a good portion of carbohydrates (salads, pasta products, rice and beans, etc.). This will provide the body with needed energy for the test. In the morning have a very light breakfast, such as a half or whole banana, some toast, and juice. Avoid caffeine and/or nicotine as these will not help your performance.

If you test between 10:00 am and 12 noon, have a normal dinner and, depending upon how your body responds, a light to moderate breakfast that might include oatmeal, cereals, or a small serving of pancakes or waffles, with juice. Again, avoid caffeine products and/or nicotine products.

If you test in the afternoon, have a normal dinner, normal breakfast, and then bring some light snacks such as fruit or juices, or perhaps some type of sport drink to have a few hours before you run the POPAT.