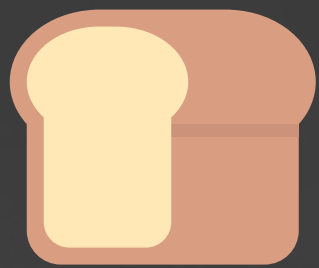


FUEL YOUR PERFORMANCE

NUTRITION 101: ENERGY DERIVED FROM 3 SOURCES



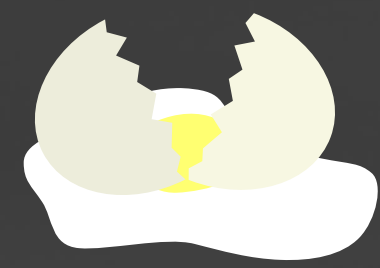
Carbohydrates

Main source of fuel for the body,
low glycemic index food preferred.
Avoid foods high in sugars.



Fats

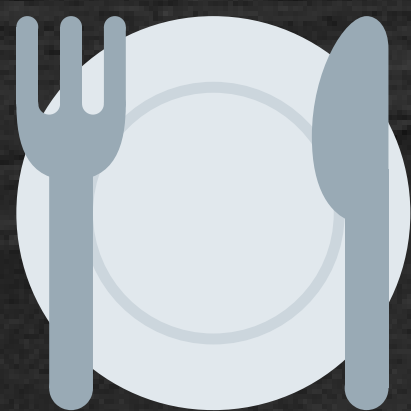
Essential for healing and
decreasing inflammation. Limit
trans and saturated fats.



Proteins

Helps your body recover,
build strength, and
maintain muscle integrity.

BUILD YOUR PLATE



Carbohydrates: 50-60%

Fats: 20-30%

Proteins: 15-20%

Whole Grains

Whole-wheat Bread, Pasta, Rice, Oatmeal, Quinoa

Lean Proteins

Chicken, Fish, Turkey, Eggs, Beans, Legumes, Tofu

Fruits & Veggies

Apples, Oranges, Bananas, Spinach, Kale, Broccoli, Carrots

Fats

Salmon, Nuts, Seeds, Olive Oil, Avocados

SMARTER SNACKING

QUICK FUEL



- Applesauce
- Bananas
- Fruit/Veggie Smoothies
- Sports Drinks
- Crackers
- Pretzels

Eat <1 hour before activity
for quick, usable energy!

STEADY FUEL



- Trail Mix
- PB&J Sandwich
- Corn Chips & Guac
- Baby Carrots
- Pita Bread & Hummus
- Fruit/Nut Bars

Spread throughout the day
for sustained energy!

PERFORMANCE PROTEINS



- Beef Jerky
- Hard-Boiled Eggs
- String Cheese
- Greek Yogurt
- Protein Shake/Powder
- Deli Sandwich

Great mid-day snack and for
post-workout refueling!

TOMORROW'S HYDRATION BEGINS TODAY



STICK WITH H2O

For continuous physical
activity > 60 min in duration
use a sport drink with
electrolytes

2-3 Hrs Before Activity: 16oz

1 Hr Before Activity: 8oz

During Activity: 4oz every 20 min

After Activity: 16-20oz for every lb lost