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
- PBJ 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