

EAT TO WIN

FOR ATHLETES

EASY MEAL IDEAS ON THE GO

Nutrient-dense foods are key to eating a healthy diet and aiding your body's recovery after a hard workout. Most athletes need 300 to 400 calories of carbohydrates for each hour of intense activity.

MENU OPTIONS



- Nut butter
- String cheese
- Dry cereal like Cheerios, trail mix or granola
- Instant oatmeal meal with lowfat milk, nuts and raisins
- Bananas
- Dried fruits
- Energy bars that contain whole grains and natural ingredients and follow the 20% protein, 60% carbohydrate and 20% fat breakdown
- Protein shakes that do not need to be refrigerated

GOOD COMBINATIONS ARE:

- **Peanut butter** (protein and fat) + **banana** (potassium and carbohydrates)
- **Nut butter** (protein and fat plus fiber) + **string cheese** (protein and fat)



CARBOHYDRATES TO SUSTAIN ENERGY

If you're performing an endurance activity like running for more than one hour, your body needs easy-to-digest, fast-absorbing energy. Energy gels often used by runners work within 10 to 15 minutes.



PACK AHEAD

- Pack a snack in your bag.
- Bring water or a sports drink with you.



**EAT AND DRINK
15 MINUTES
AFTER A TOUGH
WORKOUT.**

Replenishing your body's lost nutrients lets your body recover faster and be better prepared for the next day's training session.