

TO POWER PERFORMANCE

IMPLEMENT THE FOLLOWING NUTRITION STRATEGIES AND BENEFIT FROM IMPROVED PERFORMANCES AND BETTER HEALTH

FUEL UP

EAT SOMETHING FOR BREAKFAST EVERY MORNING (WITHIN 1 HOUR OF WAKING)

TRY THIS	NOT THAT
WHOLE GRAIN CEREAL, LOW-FAT MILK, SLICED STRAWBERRIES	SUGARY CEREAL (FRUIT LOOPS, CORN POPS, ETC)
GREEK YOGURT, GRANOLA, BLUEBERRIES	PASTRIES (DONUTS, POP-TARTS, CROISSANTS, CINNAMON ROLLS)
EGGS, WHOLE WHEAT TOAST WITH PEANUT BUTTER, FRUIT SMOOTHIE	BREAKFAST SANDWICH (ENGLISH MUFFIN, EGG, BACON OR SAUSAGE)
OATMEAL, CHOPPED ALMONDS, SLICED BANANA	PANCAKES/FRENCH TOAST WITH SYRUP

SUSTAIN ENERGY

EAT NUTRIENT-RICH SNACKS & MEALS EVERY 2 - 3 HOURS THROUGHOUT THE DAY

BREAKFAST - SNACK - LUNCH - SNACK - DINNER - SNACK

TRY THIS	NOT THAT
FRUITS OR VEGETABLES	CHOCOLATE BARS
GREEK YOGURT	COOKIES
TRAIL MIX OR ALMONDS	POTATO CHIPS
HUMMUS WITH WHOLE GRAIN CRACKERS OR VEGETABLES	GOLDFISH, GRAHAM CRACKERS

PRE-/DURING-WORKOUT

CONSUME A FUEL SOURCE 30 - 60 MINUTES BEFORE EXERCISE AND DURING EXERCISE THAT LASTS LONGER THAN 60 MINUTES

BEFORE EXERCISE	DURING EXERCISE
WHOLE WHEAT TOAST WITH PEANUT BUTTER	SPORTS DRINK
GREEK YOGURT, GRANOLA, BLUEBERRIES	FRUIT (ORANGES, BANANAS)
WHOLE GRAIN CRACKERS WITH CHEESE OR HUMMUS	GRANOLA BAR
APPLE SLICES WITH ALMOND BUTTER	CARBOHYDRATE GEL

POST-WORKOUT

CONSUME A RECOVERY SNACK WITHIN 30 MINUTES OF FINISHING EXERCISE

COMBINE CARB + PROTEIN

TRY THIS	NOT THAT
CHOCOLATE MILK + BANANA	FAST FOOD (McDONALD'S, BURGER KING, ETC)
GREEK YOGURT + FRUIT	FATTY FOODS (CHIPS, COOKIES, CHOCOLATE BARS, PASTRIES)
APPLE + CHEESE STRING	PIZZA
PROTEIN SHAKE + FRUIT	NO RECOVERY SNACK

HYDRATE WELL

DRINK 1/2 OF YOUR BODY WEIGHT IN OUNCES OF WATER EACH DAY

BODYWEIGHT_(lbs) x 0.5 = YOUR WATER NEEDS_(oz)
(EX. 180 lbs = 90 oz OF WATER PER DAY)

TRY THIS	NOT THAT
WATER (WITH LEMON OR OTHER FRUIT)	SODA OR ENERGY DRINKS
GREEN TEA OR COFFEE (LIMIT SUGAR & CREAM)	FRUIT JUICE, VITAMIN WATER, SPORTS DRINKS

SUPPLEMENT WISELY

SUPPLEMENTS ARE BENEFICIAL ONLY IF YOU HAVE GOOD NUTRITION HABITS IN PLACE

GOOD REASONS TO SUPPLEMENT	POOR REASONS TO SUPPLEMENT
YOUR GOOD DIET ISN'T ENOUGH TO MEET YOUR PERFORMANCE GOALS	JUST BECAUSE YOUR FRIENDS ARE DOING IT
YOU HAVE SPOKEN TO A REGISTERED DIETITIAN	JUST BECAUSE THE SALESPERSON AT THE STORE RECOMMENDED IT
YOU HAVE A DEFICIENCY THAT YOU CAN'T FIX THROUGH YOUR DIET	JUST BECAUSE YOU READ IT IN A MAGAZINE

ALWAYS DO YOUR RESEARCH AND SPEAK TO AN EXPERT BEFORE USING SUPPLEMENTS!

TO CREATE A PERSONALIZED NUTRITION GAME PLAN, SCHEDULE AN APPOINTMENT WITH THE EXOS PERFORMANCE DIETITIAN AT MAYO CLINIC SPORTS MEDICINE