

CARBOHYDRATES FOR ENERGY

- Make sure about 2/3 of every meal is carbs with grains, fruits, vegetables and drinks
- Include carbs in snacks and meals

PROTEIN FOR RECOVERY

- Eat a combination of carbs + protein throughout the day in both snacks and meals (e.g., a chicken sandwich = protein in chicken, carbs in bun).
- Get about 20g* of protein as soon as possible following activity



Inside an ATHLETE'S Diet

What You Need & What It Means
For Your Performance

As an athlete, what you consume can greatly affect your game. And while there are plenty of diet options and trends, there are some key nutrients and foods to consider when it comes to performing at your best.

WHAT'S GOOD:

Carbohydrates

Deliver the right type of energy with foods like:

- Bread
- Crackers
- Pasta
- Rice
- Potatoes
- Pretzels
- Beans
- Fruits & Vegetables

Protein

Delivers amino acids for proper muscle recovery with foods like:

- Meat
- Fish
- Eggs
- Soy
- Cheese
- Greek yogurt
- Milk

Hydration

Fluids help keep you safe and on the field with drinks like:

- Gatorade® Thirst Quencher and other sports drinks
- Water
- 100% Fruit juice
- Milk (whole, 2%, 1%, skim, soy, almond)

GATORADE
THE SPORTS FUEL COMPANY

*BASED ON AN AVERAGE OF 180 LBS. IF YOU'RE SMALLER, YOU MAY NEED LESS; LARGER AND YOU MAY NEED MORE. TO FIGURE OUT AN EXACT AMOUNT, MULTIPLY BODY WEIGHT IN POUNDS BY 0.11g.

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