



FUEL YOUR DAY WITH BREAKFAST

Starting the day with a **well-planned breakfast** is important for a teen athlete's health as well as sports performance.

01 | GRAB-AND-GO

Grab-and-Go Breakfast

To help ensure teen athletes get a healthy start to the day, equip them with **easy, on-the-go breakfast ideas**.

Grab-and-Go Breakfast Ideas

- Fruit Smoothie
- Overnight oats
- Greek yogurt, berries, and granola parfait (featured recipe: *Power Breakfast Parfait*)
- Cottage cheese with pineapple, granola bars, low-fat milk
- Hard-boiled eggs, string cheese, breakfast bars, grapes
- Peanut butter and jelly sandwich, banana, low-fat milk

02 | FUEL + WORKOUTS

Fuel Up for Morning Workouts

When athletes have morning practice before school, it's important they have a plan in place for meeting their sports nutrition needs. Before hitting the gym or playing field, make sure they **fuel-up with a high-carb snack** to provide them with energy for the upcoming workout.

Quick Snacks for Before a Morning Workout

- Banana or small piece of fresh fruit
- Applesauce squeeze pouch, dried fruit
- Toaster waffle, bagel, or toast with nut butter
- Breakfast bar, cereal bar, granola bar
- Dry breakfast cereal, graham crackers, animal crackers
- Sports drink, chews, gels



Pro Tip: Plan ahead the night before. Prep ingredients, pack snacks, set out what you need so mornings run smoothly.

RECIPE SHOWCASE

Power Breakfast Parfait



SCAN ME

This protein-packed breakfast is a nutritious way for teen athletes to start their day. The parfait is made with Greek yogurt, kefir, chia seeds, and fresh berries – providing protein, carbohydrates, dietary fiber, antioxidants and more!



GOT MORE QUESTIONS OR IDEAS?
Connect with nutrition experts today.





FUEL YOUR GAME

Following a morning practice, it is important for teen athletes to **refuel before heading to class.**

03 | RECOVER + REFUEL

Fuel Up after Morning Workouts

The three keys to recovery nutrition following a workout include:



REHYDRATE

Rehydrate with fluid and electrolytes



REFUEL

Refuel with carbohydrates



REBUILD

Build and Repair with protein

Check out these easy snack ideas that teen athletes can enjoy following a morning practice to support their recovery nutrition needs.

- Low-fat chocolate milk and breakfast bars
- Peanut butter and jelly sandwich with low-fat milk
- Individual container of Greek yogurt, fresh berries, granola
- String cheese, fig bars, high-protein milk
- Beef jerky, pretzels, banana, low-fat milk
- Turkey and cheese wrap

04 | TEAM + SCHOOL

Fuel-Up with School Breakfast

School breakfast is a nutritious way for teen athletes to start their day, providing whole grains, fruit, protein, and low-fat milk.

Many schools offer grab-and-go breakfast options, which are ideal for teen athletes following morning practice.

Athletes can swing by the cafeteria for a quick breakfast and chocolate milk to support their nutrition needs and provide them with energy for the day ahead.



Pro Tip:

Make sure to visit your school cafeteria to see what they are serving up for breakfast this school year.

SPOTLIGHT ON CHOCOLATE MILK



IDEAL RECOVERY DRINK

Did you know that chocolate milk is an ideal recovery drink for teen athletes?

A 1-CUP SERVING OF CHOCOLATE MILK PROVIDES:

8G

HIGH-QUALITY
PROTEIN

26G

CARBOHYDRATES

PLUS 13 ESSENTIAL NUTRIENTS THAT ARE IMPORTANT FOR ACTIVE TEENS.

In addition, milk is 90% water and provides a natural source of electrolytes, helping teen athletes to rehydrate following an intense practice.



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