



NUTRITION TO OPTIMIZE PERFORMANCE



FUELING FOR PERFORMANCE

Sports nutrition is a key component in supporting athletes with achieving health and performance goals.

Knowing what foods to eat and when, can help ensure athletes are optimally fueled for both everyday activities and sports performance.

01 | ENERGY

CARBOHYDRATES FOR ENERGY

Similar to gas in a car, carbohydrates provide athletes with the energy needed to train and perform at their best.

Carbohydrates should be at the foundation of an athlete's meal plan. Athletes can add carbohydrates to their diets from a variety of food groups, including:

- **GRAINS:** Bread, bagels, pasta, rice, cereal
- **FRUIT:** Fresh, frozen, dried, canned in natural juices, applesauce
- **STARCHY VEGETABLES:** Potatoes, sweet potatoes, winter squash, corn, peas, beans, legumes
- **DAIRY:** Milk, yogurt



Did You Know?

DAIRY SOURCES HAVE THE MOST BIOAVAILABLE FORM OF CALCIUM. Consuming adequate calcium and Vitamin D in the diet is essential for supporting student athletes with building strong bones.

RECIPE SHOWCASE

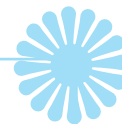
SUNSHINE SMOOTHIE

UNLOCK THE POWER OF DAIRY WITH THE SUNSHINE SMOOTHIE



SCAN HERE
FOR THE
RECIPE

- **THE SUNSHINE SMOOTHIE** provides protein, calcium, and Vitamin D – essential nutrients for student athletes.
- Student athletes can enjoy this smoothie with breakfast on-the-go or as a healthy after-school snack.
- **THE SUNSHINE SMOOTHIE** can be a great post-workout snack – supporting student athletes with meeting their recovery nutrition needs.



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



FUEL YOUR GAME

BUILD AND REPAIR WITH PROTEIN

Protein is an important part of an athlete's diet, supporting athletes with building and maintaining muscle mass.

To get the most benefit from protein intake, athletes are encouraged to spread their protein intake throughout the day with meals and snacks.

02 | PROTEIN TO INCLUDE

Sources of protein to include on your athlete meal plan include:

- Milk, cheese, yogurt, and other dairy products, like cottage cheese
- Beans, legumes, nuts, seeds
- Chicken, turkey, seafood, lean cuts of red meat and pork, eggs
- Soy and tofu



ANTI-INFLAMMATORY FOODS

Athletes should fill their performance plates with foods that can help reduce inflammation in the body and support recovery from activity.

03 | ANTI-INFLAMMATORY FOODS

Top Choices Include:

- Berries and cherries
- Dark green leafy vegetables
- Tomatoes, broccoli, bell peppers, mushrooms, avocados
- **FATTY FISH:** Salmon, tuna, mackerel, herring, sardines
- **NUTS:** Walnuts, almonds, pistachios
- **SEEDS:** Chia seeds, flaxseeds
- **HERBS AND SPICES:** Turmeric, ginger, garlic, cinnamon, rosemary



SPOTLIGHT ON MILK

Milk is a nutritious addition to an athlete's sports nutrition meal plan.

A 1-cup serving of milk contains 8 grams of high-quality, complete protein - providing all of the essential amino acids athletes need to build muscles.

A 1-CUP SERVING OF MILK PROVIDES:

8g

HIGH-QUALITY,
COMPLETE PROTEIN

13

ESSENTIAL
NUTRIENTS

In addition, milk contains calcium and Vitamin D to build strong bones, as well as 13 essential nutrients that teen athletes need to thrive.



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