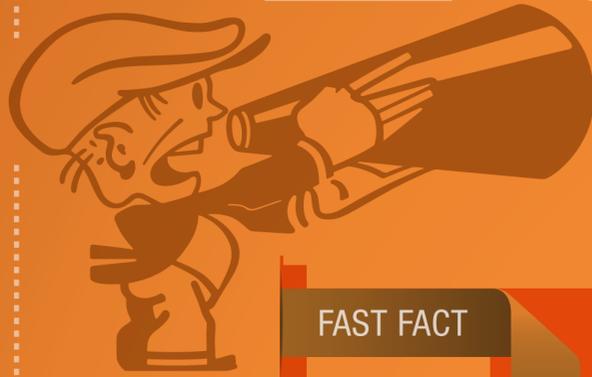


# SPORTS NUTRITION FOR ATHLETES

Being a great athlete takes WORK, and part of an athlete's success comes from knowing that what goes in affects the work that comes out. It's time to get down to the basics and see how nutrition affects performance. It's GO time.



FAST FACT

Carb intake should match the level of activity. Higher Activity Day = Higher Carb Intake

You need more than protein after activity! You also need carbs!

## CARBS = ENERGY

Think of carbs like the gas that fills up your tank. Without it, you won't get very far. And, getting the right carbs at the right time affects performance.

|             | Before   | During   | After   |
|-------------|--|--|---|
| When To Eat | 3-4 hours before activity for <b>energy</b>    | Every 15-20 minutes for <b>staying power</b>                                     | Combine protein AND carbs as soon as possible after activity to <b>replenish energy</b> . |
| What To Eat | Banana<br>Oatmeal<br>Pasta<br>Bread<br>Berries | Sports drinks like Gatorade® Thirst Quencher<br><br>Gatorade Prime® Energy Chews | Turkey Sandwich<br>Pretzels<br>Fruit Smoothie<br>Gatorade Recover®                        |

## THE EXTRA MILE: PROTEIN

Protein after activity is essential. Your muscles rely on protein to rebuild what's broken down in activity. Research suggests that athletes get about 20g of protein as soon as possible after activity to help rebuild.\* And just like carbs, the type of protein you consume makes a big difference to your performance.

### MAKE GOOD PROTEIN CHOICES AFTER ACTIVITY:



## REPLENISH & REHYDRATE

When you train and compete, you lose a significant amount of fluids. Hydrate regularly to replenish the fluids & electrolytes you lose in sweat. Without the right amount of fluids, your body won't perform at its best.



Rehydrate with fluids like Gatorade® Thirst Quencher.



Weigh in before and after activity



Monitor urine color to check hydration — the lighter the better



Every pound lost during activity = 3 cups of fluid to hydrate

