

How to eat *like an* athlete



MAKE SURE YOU'RE ACTIVE LIKE AN ATHLETE

Don't consume an excessive number of calories if the activity's not there.



EAT FREQUENTLY THROUGHOUT THE DAY

Eating 5-6 times throughout the day will ensure your body has energy to call upon for any hard workout and to help keep your metabolism elevated.



BE WELL HYDRATED

Start early in the morning because when the day gets away from you, you can't catch up. A good way to tell if you are properly hydrated is if you are using the bathroom every 1-2 hours and your urine is a lemonade color. If you are using the bathroom every 3+ hours and your urine is darker like apple juice, you are probably dehydrated and need to increase fluid intake.

HAVE A RECOVERY SNACK

If you're going to work out for 60 minutes or longer with moderate or intense activity, you'll want a carbohydrate-and-protein combo for recovery because you need to replenish muscle energy stores and repair and build muscle fiber as you exercise. You have about 30 minutes after you exercise to consume that snack for best effect.



EAT THE RAINBOW

Have a variety of fruits and vegetables in different colors, because each one provides different nutrients, vitamins, and minerals. Eat from all six food groups: carbs, protein, vegetables, fruits, high-calcium, and healthy fats.



BEWARE OF SUPPLEMENTS

A lot of people don't know supplements aren't regulated. A supplement can be on the market without being tested for purity or contaminants. The bottle may say caffeine free, but in fact it contains herbs such as green tea extract or guarana seed which are both central nervous stimulants. Always speak with a registered dietitian nutritionist or health care provider before starting any new supplement regimen.

