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 eat and drink can affect your game. And while there are plenty of diet options out there, there are some key nutrients and foods to consider when you’re in the middle of your season and want to perform 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
- Yogurt

Hydration:
Delivers fluids to help keep you safe and on the field with drinks like:
- Gatorade® Thirst Quencher and other sports drinks
- Water

*Based on an average weight 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.