



TIME IT RIGHT!

Your body's engine needs the right fuel at the right times to keep it running strong. With proper nutrient timing, you can turn yourself into a true sports machine!



EXERCISE EATING TIPS

1 BEFORE

2 TO 3 HOURS

Choose easy to digest, simple foods. Keep fat and fiber low. Avoid strong spices. The closer you are to your workout, the lighter your food choices should be.

- Applesauce
- Fruit smoothie made with yogurt or milk
- Half peanut butter and banana sandwich
- Orange and a cheese stick
- Hard-boiled egg and baby carrots
- Bowl of cold cereal with milk
- Easily digestible carb-based bar

2 DURING

APPROX. EVERY 30 MINUTES

Simple carbs, electrolytes and fluid are in high demand while exercising, especially for longer periods.

- Fruit or fruit-based foods like applesauce, a ripe banana, raisins, dates, orange slices
- Water
- Simple grains like pretzels, cookies, crisped rice cereal treats, graham crackers, saltines
- Sports drinks
- Sport food (gels, chews)

3 AFTER

AS SOON AS POSSIBLE

After exercise, choose protein and carb combos of quality foods. Your body might need time to settle after a hard workout or competition before eating a full meal.

- Chocolate milk
- Yogurt with cereal and fruit
- Tuna or PB&J sandwich
- Smoothie with berries, milk and yogurt
- Chicken and veggie wrap
- Fruit and nut bar or protein bar
- Power bowl with whole grains, veggies and protein

SAMPLE DAY OF EATING

Day-to-day nutrition is critical for performing at your best. Here's a look at what a balanced day might look like.

6:30 a.m.	Breakfast	Yogurt, fruit and granola
9:30 a.m.	Snack between classes	Trail mix, water
12:00 p.m.	Lunch	Turkey sandwich, baby carrots with hummus, cookie, milk
3:00 p.m.	Pre-practice snack	Banana and pretzels, water
5:00 p.m.	Post-workout refuel	Chocolate milk
7:00 p.m.	Dinner	Tacos topped with cheese, lettuce and tomato, fruit salad, milk
9:00 p.m.	Bedtime snack (optional)	Scoop of frozen yogurt with berries

Think of the times you tend to get hungry, and how your school and workout schedule might affect your eating so you can plan ahead!

WHY CHOCOLATE MILK FOR RECOVERY?



- Best nutrient package to replenish your body's stores
- Tastes great
- Replaces fluid lost during exercise
- Easy to find, pack and carry with you
- No mixing required
- Natural food



For more information on how to fuel your everyday greatness, scan the QR code or visit: Greatness.Unbottled.com