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**

**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

**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)

**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.

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

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](https://Greatness.Unbottled.com)