

BUILDING YOUR BEST BODY



There's no doubt that **quality fuel = quality performance**. Here's how to adjust your diet to help optimize weight and body composition:

- **Aim for all five food groups.** Enjoy lots of color! Choose nutrient-rich foods like fruits and veggies, dairy foods, whole grains and more.
- **Eat often.** Not only will your body always be ready for physical sport demands, but it will help keep cravings and spontaneous eating to a minimum.
- **Plan ahead.** Do a little prep work to make powerful, high-quality food easy to fit in to your day.
- **Be patient and consistent.** Play the long game for lasting results.

WHAT'S HOLDING YOU BACK?

- Energy drinks and soda can negatively impact performance. Stick with milk, water, 100% juice or herbal tea.
- Fast food might be easy but it lacks the nutrition your body desperately needs. Find ways to make healthy choices easy and convenient.
- Too much restriction can backfire. Enjoy ALL foods in balance. If you want to make changes, your body still needs good quality fuel!
- Avoid mindless eating like snacking while studying or watching TV.
- Start with a smaller portion that you think will satisfy hunger. You can always go back for more if your body calls for it.
- Don't eliminate entire food groups. All of the five main food groups are vital for a strong, healthy body.


DIFFERENT DAYS CALL FOR DIFFERENT FOOD CHOICES

It's important that you adjust your food choices to meet the training demands of your day.

EASY TRAINING

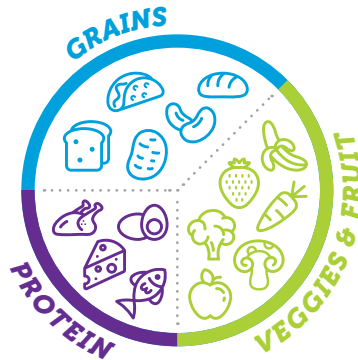
- Increase your intake of protein, veggies and fruit
- Reduce grain



 Milk, juice, water

MODERATE TRAINING

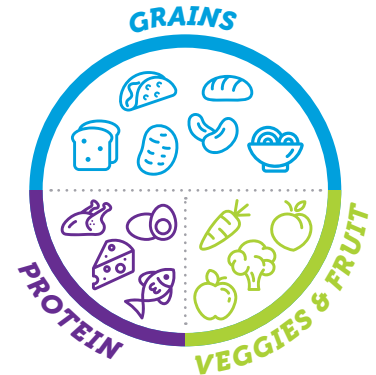
- Can be a balance between easy and hard training days




 Milk, juice, water

HARD TRAINING

- Increase grains and starches
- Reduce veggies
- Keep protein intake moderate



 Milk, juice, water

CHOOSE WISELY

PROTEIN: Promotes recovery and muscle tissue repair, improves satiety and bone health.

GRAINS/STARCHES: Provide energy for working muscles and the brain.

VEGGIES: Reduce inflammation, protect the body against disease, and promote satiety.

FRUIT: Provides energy and hydration, reduces risk of muscle damage and improves immunity. Limit 100% juice to one serving per day.

DAIRY: A superpower when it comes to performance; valuable for fueling, recovery and hydration.



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