

UP YOUR PROTEIN GAME!

PROTEIN'S MANY FUNCTIONS

IN THE BODY

Protein does a lot, but is best known for being a key nutrient for recovery. Exercise breaks down muscle and body tissues, stressing the system to rebuild before the next bout of training. Cue the protein!

IN FOOD

Protein-rich foods are made up of amino acids, small building blocks that help the body maintain health and performance.

IN COMPETITION

Your body prefers to run on carbohydrates during exercise. It can be forced to use protein if necessary, but that leaves less protein to do its best job: recovery and repair. Eat enough carbs and fat so that protein can do its work to rebuild your body!

THE BIG 3: QUALITY, TIMING, TASTE

QUALITY

Some proteins will react faster and have greater impact on your recovery than others. Different types of protein contain different packages of amino acids. Aim to include a variety of protein-rich foods throughout the day.

Beef	Lentils	Fish	Dairy foods
Nuts	Eggs	Seeds	including milk,
Beans	Whole grains	Soy	yogurt and
Poultry		Quinoa	cottage cheese



DID YOU KNOW...?

Dairy is a high-performance protein? Dairy foods contain all of the amino acids needed for health and performance. A single serving of yogurt or milk is a great way to add quality protein to your day.

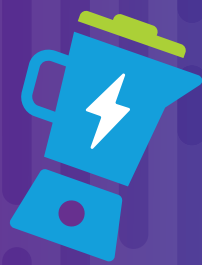
TIMING

Experts agree that athletes should include protein-rich foods throughout the day. Start with breakfast! Don't miss this high-performing opportunity. Aim to have high-quality protein in 4 to 5 doses spread throughout the day. Ideally, one of these "doses" would be within 30 minutes following a workout. An athlete's day might look something like this:

8:00 a.m.	Breakfast	Greek yogurt, berries, granola and nuts
10:00 a.m.	Snack	Orange and string cheese
12:30 p.m.	Lunch	Turkey sandwich on whole wheat with veggies, cheese and avocado, pita chips and hummus on the side
3:00 p.m.	Pre-workout snack	Banana and nut butter packet
4:30 p.m.	Post-workout refuel	Chocolate milk
6:30 p.m.	Dinner	Pasta with red sauce, chicken breast and parmesan with a side of steamed veggies

TASTE

It's best to focus on real food sources of protein and save powders, bars and other supplements for when you really need them.



Find ways to enjoy protein in lots of different forms. Here's some inspiration:

- Make a high-protein smoothie with fruit, spinach, milk, yogurt and ice
- Prep a batch of tuna or chicken salad to eat with crackers or throw in a wrap
- Bring boiled eggs or string cheese for a protein-packed snack
- Add shredded cheese to soup or salad
- Mix beans into a favorite grain side-dish
- Add nuts and seeds to oatmeal
- Use Greek yogurt as an ingredient in baked goods



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STRONG BONES BUILD STRONG BODIES!



DID YOU KNOW?



Peak bone mass is reached around 25 years of age.

Proper nutrition at a young age is important to build strong bones and reduce your risk of injury.

D

Vitamin D is vital for calcium absorption and building bones.

These two nutrients work hand-in-hand. We hear a lot about getting calcium through food, but we must also get enough vitamin D in order to use that calcium to build strong bones. Milk has both!



Inadequate calorie consumption can lead to poor bone health.

Eating enough overall calories is important for proper hormone function, rebuilding after hard training, and keeping muscles strong to support healthy bones.

WHY DAIRY FOR BONE HEALTH?

The nutrient package in dairy foods is uniquely beneficial for athletes. Dairy contains calcium, vitamin D and protein. All of these nutrients are necessary to build strong bones to achieve peak performance.





3 SIMPLE STEPS TO HEALTHIER BONES

1



BE SURE TO EAT ENOUGH

- Have regular meals and snacks throughout the day. Most athletes need 3 substantial meals and 2 to 3 snacks.
- Focus on recovery nutrition when engaged in heavy, long training sessions or more than one bout or game per day. Chocolate milk is a great recovery tool!
- Your body needs fuel to be at its best. Skipping meals or restricting calories puts you at risk for bone injuries, among other issues.

2



HAVE 3 A DAY, YOUR WAY

- Aim for 3 or more servings of dairy every day to promote strong bones.
- Add cheese to your breakfast scramble or burrito.
- Cook oatmeal with milk instead of water.
- Choose a protein-powered snack like yogurt and fruit.
- Enjoy a glass of milk with dinner.
- Keep chocolate milk on hand to jump-start recovery after exercise.

3



RECOVER SMART

- Give your body time to recover well. Sleep, rest days and easy days are critical to making performance gains.
- When you're pushing your body to its max, replenishing nutrients becomes more critical. Make a plan for how you'll handle your nutritional needs during high-demand training periods or travel.
- Getting out and enjoying some sunshine can do wonders for the mood (while also boosting vitamin D levels!). So get outside for a little refresher whenever possible.



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THE ATHLETE'S SECRET WEAPON

Packed with nutrition and simple, wholesome ingredients, chocolate milk is a no-brainer when it comes to fueling athletes.

3 REASONS TO CHOOSE CHOCOLATE MILK

1

Chocolate milk naturally contains the ideal combination of protein and carbohydrates to maximize recovery.

2

Chocolate milk contains all of the essential amino acids needed for muscle growth.

3

Chocolate milk is packed with electrolytes to replenish fluid lost through hard training.

REFUEL, REBUILD, REPLENISH

Intense competition calls for serious recovery. Chocolate milk has what it takes to help you continue to perform at your best.



When consumed within 30 minutes after a workout, chocolate milk promotes rapid recovery, muscle growth, and restoration of the nutrients your body needs the most.



Chocolate milk contains dairy protein that powers your performance. While leucine, the amino acid, aids in stimulating muscle growth.



Chocolate milk's unique makeup has been proven to rehydrate better than a commercial sports drink. The natural electrolytes in milk work together to optimize the body's rehydration rate.



ASK THE SPORTS DIETITIAN



Should I be concerned about the added sugar in chocolate milk?



Chocolate milk's sweetness actually contributes to its recovery power. The ratio of carbohydrate to protein is 3:1, which is optimal for recovery from exercise. Plus, the refreshing appeal of flavored milk may encourage consumption just after exercise when appetite may be low.



What advantage would chocolate milk have over solid food?



Sports dietitians are all about using food as fuel... and chocolate milk is REAL FOOD! The liquid form provides rapid nutrition to depleted muscles plus ample fluid to replenish the body. Chocolate milk is loaded with potassium, calcium, vitamins, protein, fluid and even a little sodium—all critical nutrients athletes need for recovery.



Would a commercial shake be better?



Not necessarily. Many commercial shakes also come with a variety of ingredients that may not be beneficial to athletes. With a simple, natural ingredient list, athletes can be sure of what they're getting with chocolate milk. Protein is also critical. Chocolate milk has a combination of two proteins: whey (fast-acting) and casein (slow-acting) that can kick-start recovery and keep it revved for hours after consumption.



What if my stomach is sensitive to dairy foods?



Look for lactose-free options. Some "ultra-filtered" milks will have a higher protein content and are lactose-free, and are a great choice for people who have sensitive stomachs.



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DECODING SPORTS FOODS & SUPPLEMENTS






Science tells us that it is best for athletes to have a “food first” approach. Always stick to real, wholesome foods for day-to-day nutrition. There may be times when you need to supplement your diet because of the demands placed on your body and to meet the challenges of performance fueling.

⚡ SPORTS FOODS

Sports foods are engineered to provide precise nutrients and quantities, making them reliable choices for athletes. **Your body needs three key components for prolonged exercise: carbohydrates, electrolytes and fluid.** These nutrients can come from easily digested food choices or sports foods. Sports foods are convenient and easy to eat. Be sure to test them during training to assess what works best for you.






SPORTS DRINKS

 30-60 min	Meets needs
 60-90 min	Meets needs
 >90 min	Needed for hydration, but won't meet carbohydrate needs
30-60 min after exercise	Replenish depleted fluid and carbohydrate stores






SPORTS BARS

 30-60 min	May cause GI upset
 60-90 min	Only if needed
 >90 min	Choose bars that are carb-based, low in protein, fat and fiber
30-60 min after exercise	Choose bars that are carb-based with ample protein






GELS, CHEWS, BEANS

 30-60 min	Only if needed
 60-90 min	Meets needs
 >90 min	Consume at regular intervals, ensure proper hydration for digestion
30-60 min after exercise	May cause GI upset, no protein



FOOD EXAMPLES

 30-60 min	Water, dates, raisins, honey
 60-90 min	Only if needed
 >90 min	Water and dried fruit, pretzels, bananas, oranges
30-60 min after exercise	Chocolate milk, whey protein smoothie with fruit, milk and balanced meal

Training Intensity Levels



High



Low-moderate

THE STORY ON SUPPLEMENTS

Athletes commonly look for supplements to give them an edge. Some supplements have valid benefits for athletes, but many are risky and could potentially cause harm.

REMEMBER: Supplements are NOT regulated and may contain substances not listed on the label. It is the sole responsibility of the athlete to know what they are ingesting.

Dietary Ingredient	Potential Actions and Side Effects
Whey Protein	May lead to an increase in lean body mass in response to key training sessions or resistance exercise. Activates and stimulates muscle production and growth.
Beta-Alanine	May buffer muscle acid and enhance muscular endurance. Can cause paresthesia (tingling of the skin). Side effects depend on dosage and body weight of the individual.
Caffeine	May improve endurance and high-intensity exercise, mental sharpness and reaction time, stimulates central nervous system. Side effects include jitters, nausea, rapid heart rate, poor sleep, anxiety. Synthetic caffeine sources can exceed limits set by governing bodies.
Creatine Monohydrate	Can increase max power output, explosive strength and lean muscle mass. High doses contribute to water retention and bloating, may cause diarrhea or nausea.
Nitrates (Beetroot Juice/Powders)	Impacts blood flow through vasodilation, may improve aerobic endurance. Can change urine and stool color, increased risk of kidney stones.
Omega-3 Fatty Acids	May reduce inflammation, soreness and speed injury recovery. Some evidence of enhanced brain health. In high doses, may lead to hypoglycemia, bleeding, low blood pressure, loose stools, nausea, or fishy breath.
Tart Cherry Juice	Blunts inflammatory response and aids in recovery, reduces muscle soreness. Very high amounts may lead to diarrhea and GI distress.
Vitamin D	May aid in lean body composition, supports immunity, bone health and reduced inflammation. Megadoses can be toxic, leading to high calcium in the blood, poor appetite, nausea, vomiting and kidney problems.

HOW DO I KNOW IT'S SAFE?



Athletes can check the safety of supplements by looking for logos from third-party testing agencies. There is no 100% guarantee with any supplement. Speak with a sports dietitian for guidance.

www.nsf sport.com
www.informed-choice.org
www.usp.org

www.consumerlab.com
www.aegisshield.com



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THE ATHLETE'S SECRET WEAPON



Building a performance plate? Here are some tips on how to get the most for your body, your sport and your dollar.



Plan for a weekly shopping trip. Sketch out your week ahead and think about meal and snack needs—and any upcoming challenges like competition, eating out, travel, etc.



Take stock of what you already have on-hand in your pantry, fridge and freezer. Perhaps you can plan a meal around something you already have in your kitchen.



Shop the perimeter of the store for most of your items. That's where less-processed, whole foods are typically found.



Write out your shopping list. Use the list on the back of this handout as your guide.



Remember that convenience costs! Pre-packaged meals are easy but usually only provide 1 to 2 servings. Buying the ingredients separately and making your own meal will provide more food, at less cost. On the other hand, convenience items like bagged salad mix will cost more, but may be worth the investment if it makes eating veggies easier for you.



Plan a little prep time into your trip. Take 30 minutes when you get home to wash and cut produce, cook a batch of rice for the week ahead and get some meat marinating for tonight's dinner. It's easy to do when you've got everything out and accessible.



THE LIST

Use this as your guide every time you shop, and refer to our “Performance Eating” handout for even more helpful info.

FRUITS

- ☐ Apples
- ☐ Applesauce
- ☐ Apricots
- ☐ Bananas
- ☐ Berries
- ☐ Canned fruit
- ☐ Cherries
- ☐ Citrus fruit
- ☐ Dates
- ☐ Grapes
- ☐ Kiwi
- ☐ Mangoes
- ☐ Melons
- ☐ Nectarines
- ☐ Peaches
- ☐ Pears

VEGETABLES

- ☐ Asparagus
- ☐ Avocado
- ☐ Beets
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Canned vegetables
- ☐ Carrots
- ☐ Cauliflower
- ☐ Garlic
- ☐ Green beans
- ☐ Kale
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onion
- ☐ Potatoes
- ☐ Salad mixes
- ☐ Snap peas
- ☐ Spinach
- ☐ Sweet potato
- ☐ Tomatoes
- ☐ Zucchini

PROTEINS

- ☐ Beans/lentils
- ☐ Canned tuna
- ☐ Chicken breasts
- ☐ Eggs
- ☐ Fish
- ☐ Ground turkey
- ☐ Hummus
- ☐ Lean beef
- ☐ Lean deli meat
- ☐ Pork tenderloin
- ☐ Seafood
- ☐ Tofu

SWEET TREATS

- ☐ Dark chocolate (>70% cacao)
- ☐ Dark chocolate-covered nuts
- ☐ Dried fruit
- ☐ Frozen yogurt
- ☐ Fruit sorbet
- ☐ Instant pudding
- ☐ Whole grain fig bars

REMEMBER

- Canned, frozen and dried produce are all good choices
- Complete your shopping list with condiments like olive/canola oil, vinegar and honey
- Herbs, spices and seasonings add flavor and nutrition

DAIRY

- ☐ Butter
- ☐ Chocolate milk
- ☐ Cottage cheese
- ☐ Cream cheese
- ☐ Greek yogurt
- ☐ Shredded cheese
- ☐ Skim, 1%, 2% or whole milk
- ☐ Sliced cheese
- ☐ Sour cream
- ☐ String/snack cheese

SNACK FOODS

- ☐ Nuts and nut butters
- ☐ Popcorn
- ☐ Pretzels
- ☐ Rice crackers
- ☐ Roasted chickpeas
- ☐ Snap pea crisps
- ☐ Sweet potato/beet chips
- ☐ Whole grain crackers

WHOLE GRAINS

- ☐ Brown or wild rice
- ☐ Corn tortillas
- ☐ Cous cous
- ☐ Oatmeal
- ☐ Pasta
- ☐ Quinoa
- ☐ Whole grain breads
- ☐ Whole grain cereal
- ☐ Whole wheat pasta
- ☐ Whole grain/rye crackers



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PREBIOTICS AND PROBIOTICS



MICRO IN SIZE, MAJOR IN PERFORMANCE!

It may sound crazy, but our bodies house a massive colony of microorganisms. We're talking **trillions** of little bugs that are working hard for us, and we don't even know it!

Most of the "brain" behind this colony is found in the large intestine. It changes based on age, environment and how we eat.



BENEFITS OF A HEALTHY GUT

- Improved digestion so you can play your best
- Stronger immunity to prevent illness
- Stable mood so you can focus on the task at hand
- Better sleep quality
- Enhanced nutrient metabolism for maximal fueling and recovery
- Long-term disease prevention
- Improved tissue regeneration for injury prevention
- Protects skin integrity



KNOW THE LINGO

MICROBIOME:

A collection of bacteria, viruses, yeast, protozoa, parasites and fungi that live in the human digestive tract.

PREBIOTICS:

Fiber substance that feeds gut bacteria.

PROBIOTICS:

Beneficial microorganisms that contribute to health.

FERMENTATION:

A form of food preservation. Healthy bacteria feed on food's natural sugars, breaking it down into lactic acid. This is why fermented foods have a tangy flavor.

RESISTANT STARCH:

Carbohydrates that "resist" digestion in the stomach and small intestine, passing directly to the large intestine where they serve as food for bacteria in the microbiome.



THE PLAY-BY-PLAY ON BEING A GOOD MICROBIOME HOST

Include foods from the following list to keep your gut well-fed and happy.

PREBIOTIC FOODS



Berries
Peaches
Onions
Garlic
Oats
Leeks

Legumes
Asparagus
Mushrooms
Cabbage
Flaxseed
Cashews

Bananas
Peas
Artichokes
Beetroot
Whole wheat

Resistant starch:
cooked and cooled
potatoes, rice,
pasta



PROBIOTIC FOODS

Kimchi
Sauerkraut
Yogurt

Olives
Pickles
Tempe

Miso
Kombucha
Kefir

Sourdough bread
Some aged
cheeses



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STAY HYDRATED, STAY COMPETITIVE!



Having enough fluids in your body is key to almost everything you do during exercise or sport. The fact is, just a small dip in supply can mean a BIG dip in your performance. Keeping your body topped up with fluids can help promote:



*Improved Nutrient
Utilization*



Focus



*Maintains Body
Temperature*



*Better
Digestion*



*Clearer
Thinking*

HYDRATION 101

Here's how to ensure your body is performing at its best—before, during and after a workout or game.

BEFORE

- Enjoy water or milk with all your meals and snacks
- Always carry a water bottle
- Drink 8-12 ounces 15 minutes prior to exercise or a game

DURING

- Sip water or a sports drink (if needed)
- One swallow = 1 fluid ounce
- Aim for 8+ ounces per hour during regular play
- Aim for 16+ fluid ounces per hour during long, hot workouts or games

AFTER

- Choose milk (flavored or plain), smoothies or high-water foods
- Eat a nutritious meal, along with at least 8 ounces of water or milk
- Keep drinking fluids steadily for the rest of the day

WHAT ABOUT SPORTS DRINKS?

Wondering if you could benefit from having a sports drink? If at least two of the following apply, the answer is yes.



- If the workout or game is longer than one hour
- If you're exercising or playing in hot weather
- If the activity makes it hard to eat or drink normally
- If the exercise is especially intense
- If you're sweating heavily

HIGH-WATER FOODS TO ENHANCE YOUR EVERYDAY GREATNESS

Watermelon
Soup/broth
Milk

Lettuce
Oranges
Tomatoes

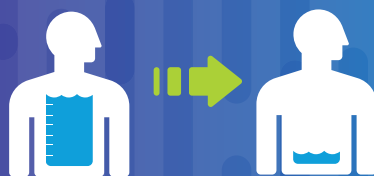
Grapefruit
Berries
Yogurt

Grapes
Pickles
Carrots



DEHYDRATION: WHY RISK IT?

- Intense physical activity
- Low fluid intake
- Heat or humidity
- Excessive sweating



- Headache
- Dizziness
- Loss of energy
- Thirst
- Nausea
- Cramps
- Bad mood
- Poor appetite

BE SURE YOU'RE FULLY HYDRATED.

Simply check the color of your urine to be sure you're drinking enough.



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IRON FOR ATHLETES



WHAT IS IRON?

Iron is involved in red blood cell production, and it's essential for cognitive function, heart health and immunity.

There are two types of iron:

- Heme iron is found in animal foods and up to 40% is absorbed by the body.
- Non-heme iron is found in plant foods and up to 20% is absorbed.

WHO NEEDS IT?

Everyone needs iron, but some need it more than others:



- **Athletes.** Because of losses due to sweat, muscle damage, oxygen demand and hormonal shifts during exercise, athletes' iron needs are 1.3-1.7 times higher than average.
- **Females.** Iron is lost during menstruation, so females also have higher iron needs.
- **Vegetarians.** Vegetarians need 1.8 times more iron than the average person.
- **Adolescents.** Growing bodies need more iron!

HOW CAN YOU TELL IF YOUR BODY IS LOW IN IRON?

Iron-deficiency may cause some or all of the following symptoms:



Noticeable decrease in performance

Extreme fatigue

Pale skin

Rapid heart rate

Headaches and dizziness

Muscle weakness

Shortness of breath, especially with exercise

Cravings for non-food items such as dirt, clay, paper or ice chips

Consult your physician if you're experiencing any of the above.

Optimal iron status ensures your body can handle the demands of training, school and life. The best way to keep your iron levels in top shape is to build an IRONCLAD diet. See the back of this handout to find out how.

MAKE YOUR DIET IRONCLAD!

What to know:

- **Heme iron** is absorbed better than non-heme iron.
- **Vitamin C** helps the body absorb iron when eaten together. Think of ways to combine vitamin C-rich foods with iron foods (examples below).
- **Calcium** and **tannins** (found in coffee and tea) can inhibit iron absorption. With vitamin C's help, this can be counterbalanced, but it's best to consume larger amounts of calcium and tannins away from key mealtimes.

IRON-RICH FOODS



Beef

Tuna

Shrimp

Lentils

Eggs

Beans

Quinoa

Fortified cereal

Chicken

Dried fruit

Cashews

Instant oatmeal



VITAMIN C-RICH FOODS



Oranges

Broccoli

Cabbage

Kiwi

Bell peppers

100% juice

Leafy greens

Cantaloupe

Tomatoes

Spinach

Berries

Potato/sweet potato



IRONCLAD COMBOS

- Oatmeal with nuts, seeds and dried fruit
- Beef fajitas with peppers and onions
- Omelet with broccoli, spinach, peppers and cheese
- Chicken parmesan with red sauce over pasta and a side of steamed broccoli
- Spinach salad with tuna, tomato and almonds
- Chili topped with avocado and whole grain bread
- Whole grain cereal with milk and 8 oz 100% orange juice
- Lentil soup made with vegetables and quinoa
- Lean beef burger on whole wheat bun topped with lettuce and tomato plus fruit salad



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WHAT IS LACTOSE INTOLERANCE?



It's when the body lacks the ability to break down milk sugar (lactose). Here are some important tips about lactose intolerance, and how you can work around it to ensure you're always performing at your best.



BEING LACTOSE INTOLERANT

doesn't mean you can't get all the dairy goodness your body needs.

There are lots of foods that are naturally low in lactose—like yogurt, cheese, cottage cheese, kefir and most whey protein powders.

IS LACTOSE INTOLERANCE DIFFERENT FROM A DAIRY ALLERGY?

Yes! Nearly everyone who has ***lactose intolerance*** (difficulty digesting dairy's natural sugar) can still enjoy some dairy. In contrast, a ***dairy allergy*** (which is rare and should be diagnosed by a physician), is an allergic reaction to the protein in dairy that causes an immune system response, requiring the complete elimination of all dairy foods.

SO HOW DO YOU KEEP DAIRY IN YOUR DIET?



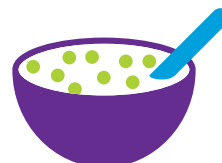
TRY IT

Opt for lactose-free milk and milk products. They are real milk products, just without the lactose, taste great and contain the same nutrients as regular dairy foods.



SIP IT

Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



STIR IT

Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals.



SLICE IT

Choose natural cheeses such as Cheddar and Swiss. They are low in lactose.



SPOON IT

Enjoy yogurt. Its live and active cultures help digest lactose.



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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

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.

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



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PLAN YOUR PERFORMANCE MEAL

You know that training hard every day is vital to your performance. And eating well every day is just as important. To build your “performance meal”, aim to include these components with each meal and snack:

HEALTHY FATS

Flavor/texture boosters that help keep you full and reduce inflammation

Full-fat dairy products, nuts and seeds, olive oil, nut butters or avocado



FRUIT

Provides energy and hydration, and reduces risk of muscle damage

Fresh, canned, dried or frozen



PROTEIN

Promotes recovery and muscle tissue repair, fills you up and improves bone health

Cheese, yogurt, milk, fish, beef, eggs, beans, tofu or poultry



VEGETABLES

Reduce inflammation and build durability in body systems

Fresh, steamed, roasted or sauteed

HYDRATING BEVERAGES

Aids in recovery, digestion and temperature regulation

Low-fat milk, drinkable yogurt, water, decaffeinated unsweetened tea or coffee



WHOLE GRAINS

Carbohydrates provide energy for the working muscles and the brain

Bread, cereal or pasta products with “whole grain” listed as the first ingredient

WINNING MEAL COMBOS

COMBO 1

Breakfast *Whole grain oats* made with milk, nuts and seeds plus berries

Snack *Small handful of trail mix*

Lunch *Whole wheat wrap* with chicken, veggies and beans, plus fruit and yogurt with a sprinkle of granola

Snack *Cheese and grapes*

Dinner *Stir-fried veggies with shrimp* served over brown rice, topped with cashews

Snack *Cookie and glass of milk*

COMBO 2

Veggie and egg scramble topped with cheese plus potatoes, glass of milk

Yogurt and berries

Lentil chili topped with cottage cheese and avocado, whole grain baguette, apple slices

Tuna on cucumber slices

Pasta with red sauce and parmesan, salmon filet and roasted veggies

Frozen yogurt and blueberries

COMBO 3

Toast topped with mashed avocado and soft-cooked egg, yogurt with strawberries

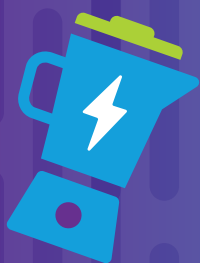
Peanut butter and apple

Tuna sandwich with veggies, bean salad and chocolate milk

Edamame

Turkey burger on whole wheat bun topped with veggies and Swiss cheese, veggie sticks and hummus

Instant pudding made with milk, topped with fruit



PRO-FAVORITE

Try U.S. Speedskating athlete and 2018 Olympian Erin Jackson's "Pro-Favorite" Smoothie Recipe:

1 cup favorite frozen fruit(s)

½ cup kale (fresh or frozen)

1 cup milk

½ cup plain greek yogurt

2 tbsp. peanut butter

½ banana

¼ cup oats

1 tbsp. flax seeds (*optional*)

1 tbsp. chia seeds (*optional*)

BLEND AND ENJOY!



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PLANT POWER!

Athletes need the right nutrition to keep their bodies energized, performing their best and injury-free. Some athletes may choose to limit animal foods, creating potential nutrient gaps. Learn how to make the most of plant-forward, flexible eating patterns.

DIETS DECODED

Here's a quick overview of the different types of plant-forward/plant-based diets:

PLANT-FORWARD OR FLEXITARIAN

Eat red meat, poultry and fish sparingly. Dairy and eggs are included regularly. No food is excluded.



LACTO-OVO VEGETARIAN

Eat eggs and dairy, but no poultry, fish or red meat.



LACTO-VEGETARIAN

Eat dairy, but no eggs, poultry, fish or red meat.



OVO-VEGETARIAN

Eat eggs, but no dairy, poultry, fish or red meat.



PESCATARIAN

Eat dairy, fish and eggs but no poultry or red meat.



VEGAN

Eat no red meat, fish, poultry, dairy, eggs or other animal-derived products (e.g. honey).



IS PLANT-FORWARD EATING RIGHT FOR YOU?

Incorporating a variety of plant-based foods is great for everyone. Remember, the more you eliminate certain foods, the more you miss out on key nutrients your body needs:

IRON

Moves oxygen to working muscles. Used to make hormones.
Lean meat, seafood, poultry, some breakfast cereals, beans, nuts, cooked greens

CALCIUM

Helps with bone strength and muscle contraction.
Dairy foods, cooked greens, tofu, fortified foods

VITAMIN B12

Important for nerve function and healthy blood cells.
All animal products, and some breakfast cereals

PROTEIN

Building blocks for muscle and tissue. Key for recovery and preventing illness.
Milk, cheese, yogurt, red meat, poultry, fish, eggs, beans, tofu. Smaller amounts found in whole grains

FLEXIBLE EATING TO STAY FUELED

Athletes can meet their nutrition needs and still enjoy plant-forward eating. Here are some key points:



Focus on adding foods, not eliminating them



Look for creative ways to add color to every meal



Plan ahead so plant foods are easy to grab and eat

SAMPLE DAY



Breakfast	Steel-cut oats made with milk, apples, almonds and cinnamon
Snack	Tuna, cucumber and cream cheese with crackers
Lunch	Whole grain wrap with hummus, vegetables and cheese
Snack	Trail mix
Dinner	Soup, whole grain bread, side salad and a glass of milk
Snack	Frozen yogurt with berries



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UP YOUR PROTEIN GAME!

PROTEIN'S MANY FUNCTIONS

IN THE BODY

Protein does a lot, but is best known for being a key nutrient for recovery. Exercise breaks down muscle and body tissues, stressing the system to rebuild before the next bout of training. Cue the protein!

IN FOOD

Protein-rich foods are made up of amino acids, small building blocks that help the body maintain health and performance.

IN COMPETITION

Your body prefers to run on carbohydrates during exercise. It can be forced to use protein if necessary, but that leaves less protein to do its best job: recovery and repair. Eat enough carbs and fat so that protein can do its work to rebuild your body!

THE BIG 3: QUALITY, TIMING, TASTE

QUALITY

Some proteins will react faster and have greater impact on your recovery than others. Different types of protein contain different packages of amino acids. Aim to include a variety of protein-rich foods throughout the day.

Beef	Lentils	Fish	Dairy foods
Nuts	Eggs	Seeds	including milk,
Beans	Whole grains	Soy	yogurt and
Poultry		Quinoa	cottage cheese



DID YOU KNOW...?

Dairy is a high-performance protein? Dairy foods contain all of the amino acids needed for health and performance. A single serving of yogurt or milk is a great way to add quality protein to your day.

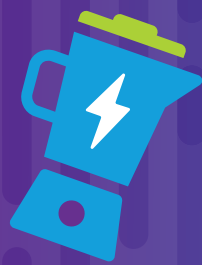
TIMING

Experts agree that athletes should include protein-rich foods throughout the day. Start with breakfast! Don't miss this high-performing opportunity. Aim to have high-quality protein in 4 to 5 doses spread throughout the day. Ideally, one of these "doses" would be within 30 minutes following a workout. An athlete's day might look something like this:

8:00 a.m.	Breakfast	Greek yogurt, berries, granola and nuts
10:00 a.m.	Snack	Orange and string cheese
12:30 p.m.	Lunch	Turkey sandwich on whole wheat with veggies, cheese and avocado, pita chips and hummus on the side
3:00 p.m.	Pre-workout snack	Banana and nut butter packet
4:30 p.m.	Post-workout refuel	Chocolate milk
6:30 p.m.	Dinner	1 cup pasta with red sauce, chicken breast and parmesan with a side of steamed veggies

TASTE

It's best to focus on real food sources of protein and save powders, bars and other supplements for when you really need them.



Find ways to enjoy protein in lots of different forms. Here's some inspiration:

- Make a high-protein smoothie with fruit, spinach, milk, yogurt and ice
- Prep a batch of tuna or chicken salad to eat with crackers or throw in a wrap
- Bring boiled eggs or string cheese for a protein-packed snack
- Add shredded cheese to soup or salad
- Mix beans into a favorite grain side-dish
- Add nuts and seeds to oatmeal
- Use Greek yogurt as an ingredient in baked goods



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SLEEP LIKE A CHAMP

Zzz

Sleep is one of the most powerful performance-enhancers around. Athletes who get consistent, quality shut-eye reap many benefits:

- Optimal recovery
- Higher immunity
- Stable mood
- Enhanced protein synthesis
- Heightened mental focus
- Optimal reaction time
- Weight management
- Hormonal regulation
- More predictable appetite
- Lower overall stress markers
- Reduced body inflammation



GETTING ENOUGH Z'S?

Research suggests sleep needs are greatest during adolescence. Most young athletes should be getting a minimum of 9 hours of sleep per night; more during heavy training periods.

U.S. SPEEDSKATING PRO TIP:

A hot shower before bed is effective at increasing sleep quality. We use this strategy to improve sleep quality on the road, when our athletes are adjusting to new time zones.

SET YOURSELF UP FOR SLEEP SUCCESS

- Have the same bedtime and wake time daily. This includes weekends, holidays and periods of travel.
- Practice a relaxing bedtime ritual. Reading, listening to soft music, prayer or taking a bath are all great options.
- Exercise daily or find other stress-relief such as yoga, hiking, gardening, or playing with a pet.
- Set up the perfect “cave.” Block out light with heavy curtains or an eye shade. A fan, white noise machine or earplugs will help drown out noise. Keep your room cool, between 60 to 67 degrees.
- If you can’t fall asleep, go to another room with dim lighting and do something relaxing (reading or a simple puzzle) until you feel drowsy.
- In the hour before bedtime, avoid stimulating activities and stay away from screens. Avoid caffeine in the later part of the day.
- Refrain from eating heavy, high-fat or spicy foods too close to bedtime.
- Limit napping time to 10 to 25 minutes during the day and not too close to bedtime.

NAPPING KNOW-HOW

Do your best to meet your body's sleep needs every night. Sometimes napping is necessary, especially during times of heavy training, high stress or illness. Short, targeted napping can improve mental clarity and recovery. Stick to these guidelines:

1

Set an alarm and limit naptime to 10 to 25 minutes. Have a plan to get up right away so you're not tempted to snooze longer.

3

During periods of illness and injury, you may need to take longer naps to heal your body.

2

Time your nap around 8 hours after your morning wake time if possible. This helps your body stay on its natural sleep/wake rhythm.

4

If you find the need to nap every day, consider adjusting your sleep environment as outlined previously.



MOON MILK

Ever heard of having a glass of warm milk to help you fall asleep? Well, science supports this practice and it is an easy addition to a nighttime routine. Plain, warm milk will do the trick or you can add some flavors to change it up.



- Cinnamon
- Honey

- Chamomile
- Turmeric

- Tart cherry juice



DID YOU KNOW...?

Protein synthesis is maximized when we sleep. Overnight, your body is busy repairing tissues that have been taxed during the day. A high-protein bedtime snack could speed recovery, which is critical to reaching athletic potential. Consider having a cup of yogurt or a whey protein smoothie before bed to help boost recovery from demanding training.

“ Sleep plays a key role in our athletes' health and well-being, and is an integral part of their recovery routines. The better our athletes sleep, the better they perform. **”**

—Shane Domer

US Speedskating, High Performance Director



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SNACK TO WIN

Think of snacks as mini-meals. Focus on whole foods from the five main food groups to satisfy hunger and give your body the extra energy it needs to perform.

POWER YOUR PERFORMANCE— WITH **PRO + PRO**

That means “protein + produce”. Get enough of each, and you’ll be sure to be on your game.

When energy is in high demand during intense training or after a competition, power up with added carbohydrates. Here are a few suggestions on how to get what you need:



Small cup of soup or chili
 Apple + peanut butter
 Grape + cheese kabobs
 Carrots or snap peas + hummus
 Tuna on cucumber slices
 Banana + nut butter
 Trail mix
 Fruit + yogurt
 Boiled egg on a small salad
 Oranges + handful of almonds

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Serve with crackers or over small baked potato
 Top graham crackers with this combo
 Add pretzels on the side
 Serve with whole grain pita chips
 Stack on whole grain crackers
 Put on whole grain bread for a sandwich
 Add your favorite whole grain cereal to the mix
 Sprinkle granola on top
 Throw the salad in a whole grain wrap
 Add popcorn

FUEL YOUR BODY ANYTIME, ANYWHERE



IN CLASS...

- Trail mix
- Apple and cheese
- Pb & j sandwich



BEFORE PRACTICE...

- Graham crackers and milk
- Banana and yogurt



IN THE CAR...

- Hummus and veggie sticks
- Applesauce cup and almonds
- Cottage cheese with fruit



AT HOME...

- Boiled egg and an orange
- Quesadilla with veggies
- Bowl of cereal with milk



TRY THIS SNACK: PIZZA CUPS

These two-bite wonders provide protein, produce and carbs for a winning combo!

INGREDIENTS

1 package of tortillas
⅓ cup pizza sauce
½ cup chopped spinach
½ cup chopped bell pepper
1-1 ½ cups shredded mozzarella

DIRECTIONS

Preheat oven to 400 °. Spray a muffin pan with cooking spray and set aside.

Using a cup or circular cookie cutter, cut out 12 circles from the tortillas making sure the circles are big enough to go a little up the edge of each muffin cup.

Add 1 tablespoon of pizza sauce to each tortilla crust, then evenly distribute the cheese and toppings of choice.

Bake for 10-12 minutes.

Remove from oven and garnish with Italian seasoning (optional).

Enjoy!



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FILL YOUR TANK!

Make sure you never run on empty! Athletes wanting to perform at their best need to give their bodies adequate energy.

Underfueling occurs when nutrition intake does not meet training demands. This can result in:



- Chronic fatigue
- Sore muscles
- Getting sick
- Injury
- Hormonal imbalance
- Low motivation
- Mood swings
- Anxiety or depression
- Trouble sleeping

ARE YOU AT RISK OF RUNNING ON EMPTY?

- ☐ I often skip meals because I'm too busy or forget to bring food.
- ☐ I "bonk" during training, where I feel empty, lightheaded and just want to stop.
- ☐ I'm really focused on eating the "right" foods and feel bad if I don't follow my food rules.
- ☐ I feel like I can't maintain a proper weight, and I'm always worried about not being lean enough.
- ☐ I get really hungry right after practice, where I feel like I need to grab the first thing I see and eat a lot of it.
- ☐ I have been injured.
- ☐ I get sick a lot, especially during high points in my season.
- ☐ My coach or teammates or friends have made comments about how I should eat more. I'm not sure how much I should be eating day-to-day.
- ☐ I regularly have difficulties focusing on school, work or engaging in social activities.

If you checked 3 or more of the boxes, it's very likely that you're underfueling!

Failing to eat enough food to support performance can be intentional or unintentional. If an athlete is drastically restricting intake to control weight, this can lead to more serious problems, such as disordered eating or a condition called “RED-S.”



STAY OUT OF THE RED-S

RED-S stands for Relative Energy Deficiency in Sport. This is a state of chronic underfueling that causes symptoms such as:

- Changed menstrual cycle
- Decreased hormone levels
- Decreased metabolism
- High risk of bone fracture
- Decreased immunity
- Heart problems

TAKE ACTION!



PLAN AHEAD

- Sketch out your day and plug in meal and snack times.
- Bring food with you so you're always ready when hunger strikes.
- Make enough so that you have leftovers, so quick, easy meals don't require as much effort.
- Keep in mind that most athletes need 3 meals and 3 snacks each day to meet energy needs!



PUMP IT UP!

- Add high-calorie foods to your meals: nuts, seeds, avocado, cheese, sour cream, olive oil, dried fruit.
- Add a new snack to your eating routine.
- Switch to full-fat dairy or add an extra spoonful of nut butter.



SELF-TALK

- Remind yourself that all bodies are different and yours is specially designed to be its best!
- Think of food in a positive way. Phrases like “Carbohydrates give me energy to train” or “I can choose the foods that are right for me” can be helpful as you go through your day.
- Focus on the hard work you're doing in training to reach your goals. Remember that nutrition is a big piece of that success.



SEEK HELP

- Commit to learning more about the importance of eating well for sport and health.
- If you're struggling to feel good about your body and eating, talk to a trusted coach, parent or sports dietitian.



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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?

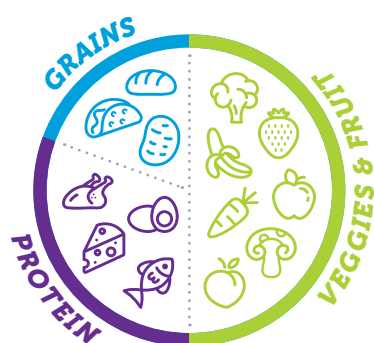
- Energy drinks and soda can negatively impact performance. Stick with milk, water, 100% juice or herbal tea.
- Fast food might be easy but it lacks the nutrition your body desperately needs. Find ways to make healthy choices easy and convenient.
- Too much restriction can backfire. Enjoy ALL foods in 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

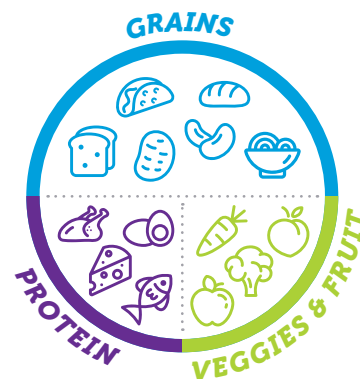
- Can be a balance between easy and hard training days



 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.



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