

TrueSportATHLETE Nutrition



The key to performing and feeling your best starts with what you eat. If you put good fuel in, you'll get good results out!

Remember these three things and you'll always be eating for peak performance both on and off the field:

- 1 **PLAN YOUR MEALS** before, during, and after playing your sport
- 2 Shop around the edges of the grocery store and always **READ THE LABEL!**
- 3 A combination of carbs, fats, and proteins will both **ENERGIZE AND REPAIR** your body

As an example, what you eat on a gameday could look something like this:



12:00
Lunch



3:15
Small
Snack



4:00
Game
Time!

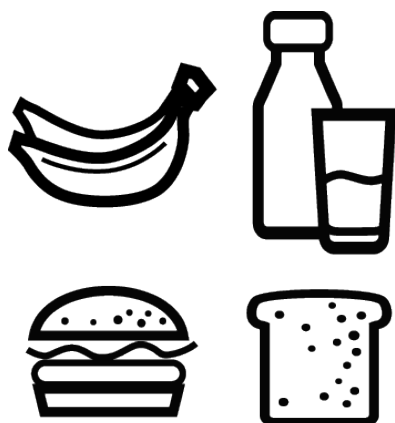


5:15
Small
Snack



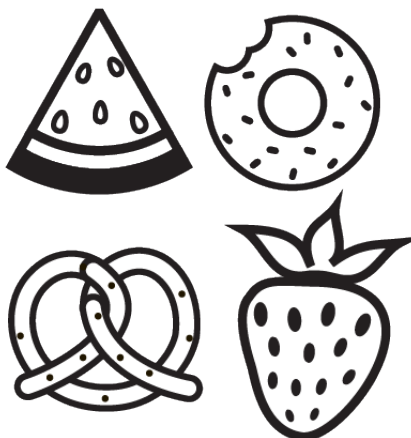
6:15
Dinner

WHAT WOULD YOU EAT? You have your biggest game of the season tonight and you want to feel and perform your best. Circle or color in the best options to eat before, during, and after game time.



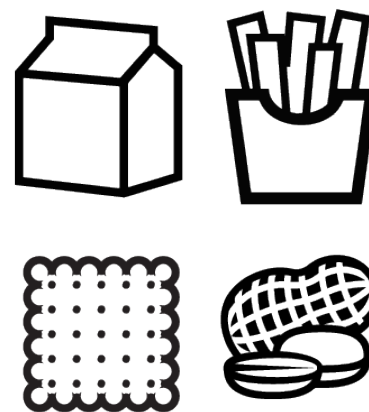
BEFORE

Best Answer: bananas, water, bread



DURING

Best Answer: watermelon, strawberry, pretzel



AFTER

Best Answer: chocolate milk, nuts, crackers

Play better by playing our games! To become a smarter sports star, play our fun nutrition-related games at Play. **TRUESPORT.ORG** or download the **TRUESPORT PLAY** app from the App Store or Google Play.