



Perform Your Best

Staying in top shape and maintaining your overall health and fitness is a 24-7 job!

Of course, training and practice are key to being fit. But your body also needs proper nutrition, hydration, and rest. And that includes making sure you eat the *right kinds* of foods and the *right amounts* of food.



→ Part A. Healthy Eating Tips for Athletes

- **Eat a variety of foods.** Different foods contain different types of nutrients, so you need to eat a variety of foods to get everything you need to stay in top condition.
- **Don't skip meals.** Eating regular meals provides a steady and balanced source of the nutrition you need to ensure you'll be at your best.
- **Eat healthy snacks.** Because you're an active teen, you may need small, healthy between-meal snacks to maintain your energy level.
- **Drink plenty of fluids.** Don't wait until you are thirsty to start drinking water and other fluids. And be sure to drink even more fluids when it's hot and humid.
- **Eat for energy before exercise.** Eat a light meal that's high in carbs two to three hours before exercise. Foods that are high in carbs—like pasta, rice, and fresh fruit—will provide fuel for your muscles. Avoid sugars and sweets such as sodas and candy before your workout.
- **Eat to refuel and recover after strenuous exercise.** Grab a drink and/or a snack that includes carbs, protein, and fluids—such as lowfat chocolate milk—within the first 2 hours after a tough workout or game.

→ Part B. Smart Food Choices

Smart food choices can be as simple as a few food swaps. Follow these guidelines to make healthy food choices—after a workout and throughout the day!

Choose This...



Lowfat chocolate milk



Whole grain bread



Lowfat yogurt and fruit



Lean meat and lowfat cheese



Fresh vegetables (carrots, broccoli, celery, etc.)



Instead of This...

Sodas and sports drinks

White bread

Toaster pastry or donut

High fat meats

Candy and chips

And You Will Get...

A beverage that's packed with 9 essential nutrients, including protein and B vitamins to help convert food to energy

A healthy carb and fiber boost

A healthy combination of carbs, protein, and essential nutrients

A lean source of protein to help build muscle

A healthy snack packed with fiber, vitamins, and minerals



Why Milk?

Drinking lowfat or fat-free milk for a change can help you make a difference in your fitness and your body. It's a natural source of high-quality protein, which, when combined with exercise, can help **build** lean muscle. It also has the right mix of carbohydrates and protein to **refuel** and fluids and electrolytes to help **replenish** after exercise.

So eat right, get active, and drink three glasses of milk a day to be at the top of your game!

