

5 TIPS FOR Athlete's Success

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**CHOCOLATE
MILK**

1. Training starts every day with **breakfast**. Eating regularly throughout the day ensures your body will be fueled for peak performance. If you aren't hungry before you leave home, grab something to eat at school or between your first and second class, like yogurt and fruit or overnight oats. No time to make breakfast at home? Try school breakfast!
2. **Plan ahead**. What is on your agenda for the day? Eating 3 meals and 3 snacks is a good place to start. Pack snacks like a sandwich, fruit, cheese and crackers, yogurt and/or chocolate milk for between classes and before and after practice in a small cooler bag with an ice pack to make sure you are prepared.
3. Stay **hydrated** throughout the day.
 - Are you **thirsty**? Drink fluids regularly throughout the day. Have a glass of milk with meals and water in between meals.
 - What color is your **urine**? Small amounts of dark urine might mean you are dehydrated. Urine should be the color of lemonade.
4. **Plan for Recovery**. Within 30-45 minutes of a workout, have a small snack or drink with carbs and protein for the best recovery. Try a chocolate milk or a smoothie. Within 2-3 hours, have a meal based on the Macros to MyPlate.
5. **Catch some Zzzzz's**. Sleep is an important part of training. A consistent sleep schedule is important – you need 7-10 hours every night to recover mentally and physically for the next day.

Looking for more information?
Visit: MilkMeansMore.org/Athletes

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Macros to MyPlate

Macronutrients, or macros, are the three parts of food that the body uses for energy: carbohydrates, protein and fat. Each is essential for the body.

What is protein? Protein helps build, repair and maintain muscle.

What is a carbohydrate? Carbs are the preferred energy source of the body and brain. Carbs come in 2 forms – complex and simple. Complex carbs are long lasting energy that break down slowly in the body. Simple carbs are quick acting energy and should be eaten less frequently. They can be helpful in providing quick energy right before or during exercise. At least half of the calories that are consumed should come from complex carbohydrates.

What is a fat? Healthy fats help absorb certain vitamins and provide energy. The healthiest fats will be liquid at room temperature. Fat also helps with satiety or the feeling of fullness.

Most foods contain more than one macronutrient.

A balanced diet that typically looks like MyPlate will contain the right amount of macros your body needs.

Choose high quality complex carbohydrate foods more frequently, like whole grains, low fat dairy, fruits and vegetables. Limit simple carbohydrates like sugars and white bread.

