

# Performance Nutrition Basics

## EAT BREAKFAST WITHIN 1 HOUR OF WAKING UP

Begin each day with increased energy and focus by eating a balanced breakfast.

### Examples:

- Scrambled eggs, whole wheat toast with peanut butter, fruit, glass of milk
- Breakfast sandwich with eggs, cheese, and Canadian bacon on an English muffin, plus fruit
- Oatmeal, Greek yogurt, berries

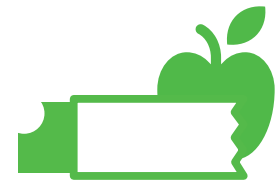


## PRE-WORKOUT SNACK

Have a pre-workout snack half an hour to 1 hour before training or competition to top off energy stores. Snack should be high in carbohydrate, low in protein and fat.

### Examples:

- Granola bar
- Fruit
- Applesauce



## EAT EVERY 3-4 HOURS



To ensure maximum energy and consistent recovery, develop an eating schedule that includes meals and snacks consistently throughout the day.

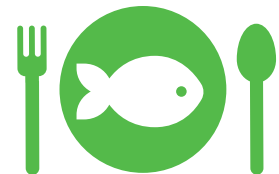
## MUSCLE RECOVERY

Recover quickly after training sessions to maximize muscle recovery and growth. Have a recovery meal or snack as soon as possible (**within 30-60 minutes**) after completion of training to replenish energy and repair muscles.

### Recovery snack examples:

- 16-20 ounces of chocolate milk
- Fruit smoothie made with whey protein
- Protein recovery shake
- Turkey sandwich

## PERFORMANCE PLATE



Build performance plates at each meal by choosing lean protein, quality carbohydrates, and colorful fruits and vegetables. Portion sizes should vary with level of training, but a good rule of thumb is to divide the plate as follows:

- 1/3 lean protein (**chicken, fish, steak, turkey**)
- 1/3 quality carbohydrates (**brown rice, potato, sweet potato, pasta**)
- 1/3 colorful fruits and vegetables



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