

We began as a refuge for athletes in an industry that didn't exist yet. We did more than create a company; we created an entire category. With our first world-class facility in Tempe, Arizona, we surrounded ourselves with the best people from every discipline, developing proven solutions to upgrade human performance. We set out to maximize the potential of our athletes, and to break the mold of conventional training, providing an integrated system to help them achieve every accolade in sports.

Our success with athletes led to the next phase of our evolution: activating our programs worldwide, starting with the military and Special Forces, and delivering breakthrough solutions to individuals in forward-thinking organizations. Because you don't have to train like a professional athlete to be supported like a professional in your everyday life. We're using cutting-edge techniques to empower all those we touch, from our partnerships with industry leaders to developing innovative programs and products of our own. If the solution doesn't exist, we create it. Technology has finally caught up with our vision. We want to change the way people view proactive health.

With an insatiable appetite to improve lives, we're designing game plans for people — from elite athletes to military to innovative companies and everyday folks — to empower them to reach their full performance potential. That's our shared passion, our promise. It's our responsibility to keep blazing the trail to a brighter future.

We are pioneering human performance.

EXOS FUELING PHILOSOPHY

Nutrition is something that we do multiple times per day, every day, which makes it a simple way to improve performance. Nutrition is the one area where most of us can make a few simple upgrades and reap great benefits.

We want to be the best we can in every situation. We want to have the energy we need to stay mentally focused and physically strong. We want to maximize our immune system and speed our recovery process. Nutrition plays a critical role in achieving each of these things.

The way you *fuel* your body can make or break your performance — period. If you don't provide your body with the nutrients it needs from food and smart supplementation, those nutrients won't magically appear. This creates a nutrient deficit, and while you might not feel it right away, it will catch up with you. Look at your life, your day, and your meals, and ask yourself, "Am I making inspired choices with my fuel and hydration?"

Each time you eat, it's an opportunity to provide your body with the nutrients it needs to stabilize energy, boost immunity, repair and rejuvenate your body, and decrease inflammation. If you're doing everything you can to maximize your performance, nutrition should be front and center. When it comes to nutrition, are you leaving something on the table?

There's no doubt that you're highly skilled and capable, but are you using nutrition as a way to create more capacity for performance, improve sustainability, and reduce your risk of injury? From this point forward, nutrition and diet aren't things you adjust just to improve your body composition. Nutrition isn't a game of subtraction. Nutrition means optimizing every opportunity to fuel your IT — your deeply personal motivator that drives everything you do. Not only will this fuel your performance, but also your future aspirations and goals.

Amanda Carlson-Phillips

Amanda Carlson-Phillips, MS, RD, CSSD
Vice President, Nutrition and Research

-
- 01

COME BACK
TO EARTH

Choose the least processed forms of carbohydrates including brown rice, potatoes, quinoa, 100% whole wheat products, and starchy vegetables (peas, corn, beans, and squash).

 - 02

EAT A
RAINBOW
OFTEN

Eat fruits or vegetables with each meal. Choose a variety of colors for the biggest benefit, and aim to get three colors on your plate at every meal.

 - 03

THE LESS
LEGS
THE BETTER

Include a lean protein source with each meal.

 - 04

EAT
HEALTHY
FATS

Include healthy fats in your fueling strategy. Fantastic fats include nuts, seeds, olive oil, natural nut butters, avocado, fatty fish, and flax (ground or oil).

 - 05

EAT
BREAKFAST
EVERY DAY

When you eat within 30 minutes of waking up, you jumpstart your metabolism. This gives you more energy to get your day going.

 - 06

THREE
FOR
THREE

Eat smaller portions more often. No excuses! You should be eating four to six meals a day. Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal nutrition.

 - 07

STAY
HYDRATED

Dehydration decreases performance, energy levels, and mental acuity. Aim to consume half of your body weight in ounces of naturally non-caloric beverages (water / green tea) every day.

 - 08

DON'T WASTE
YOUR
WORKOUT

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after you train.

 - 09

SUPPLEMENT
WISELY

Fuel first and supplement second. If you're not getting what you need through food, add a multivitamin and fish oil to fill the gap in your daily routine.

 - 10

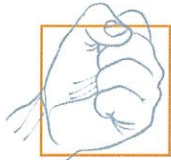
SLEEP

Aim for 7-9 hours of sleep. If you can't sleep that long, consider taking power naps when you can. The body recovers and repairs best when it's sleeping.

GRAINS

COME BACK TO EARTH

CARBOHYDRATES = FUEL FOR THE BRAIN AND MUSCLES



1 Serving =
The Size of your Fist

- + Main sources include 100% whole wheat products (breads, cereals, bars), brown rice, quinoa, rolled / steel-cut oats, and starchy vegetables (peas, corn, beans, potatoes, and squash).
- + What to look for in a great grain? Aim for the least processed form of the grain as you can.
- + Think brown and found close to the ground!
- + Getting a packaged item? The best choices will have at least 3 grams of fiber per serving.

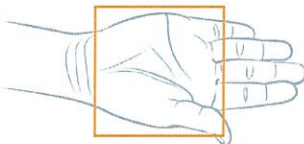
GREAT GRAINS

OATMEAL
BROWN RICE
HIGH-FIBER CEREAL
QUINOA
100% WHOLE WHEAT BREAD

PROTEINS

THE LESS LEGS THE BETTER

PROTEIN = THE BODY'S BUILDING BLOCKS



1 Serving =
The Palm of your Hand

- + Protein builds muscle and maintains the immune system.
- + Main sources include fish, poultry, lean meats (like bison), low-fat dairy products, eggs, and beans or legumes.
- + What to look for in a protein? Choose lean protein options with less visible fat, or a good rule of thumb is the less legs the better.
- + Try to include a lean protein source with every fueling opportunity.
- + Protein needs increase with activity. You'll never need more than 1 gram per pound of body weight for health or muscle mass gains. The palm of your hand equals about 30 - 40 grams of protein.
- + Don't forget about vegetable proteins. Beans and soy products like tofu are good additional sources of protein.

POWER PROTEINS

TUNA / FISH
CHICKEN / TURKEY BREAST
LEAN RED MEAT
LOW-FAT DAIRY
EGGS

FATS

EAT HEALTHY FATS

HEALTHY FATS = ENERGY DENSITY



1 Serving =
The Tip of your Thumb

- + Healthy fats provide energy, help regulate blood sugar, improve cholesterol, and keep you feeling full.
- + Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They're considered essential because your body can't make them, you must get them from food. Omega-3s are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.
- + Try to get one serving of healthy fat per meal (two total servings of fatty fish per week).

FANTASTIC FATS

SEEDS
OILS (FISH, FLAX, OLIVE)
FLAXSEED PRODUCTS
AVOCADOS
PECANS, WALNUTS, ALMONDS

OCTANE FUEL LEVELS

	HIGH (91)	REGULAR (89)	LOW (87)
GRAINS	Beans (black, kidney, navy) Chickpeas Black-eyed peas Brown rice Corn Green peas High-fiber crackers Lentil, black bean, and pea soup Low-fat refried beans Sweet potato / yam Whole grain bread Whole grain bagels Whole grain cereal Whole grain tortillas Whole grain waffles	Baked beans Baked chips Boiled new potatoes Cereal bars Corn tortillas Cornmeal / cornbread Crackers Cream of Wheat Flour and whole wheat tortillas French bread French toast Hamburger / hot dog buns Macaroni Pancakes Pasta Pita bread Pretzels Ravioli Rice cakes Spaghetti Waffles White bread White rice	Biscuits Croissants Doughnuts Fettuccine alfredo French fries Hash browns Mashed potatoes Muffins Pop-Tarts® Refried beans Sugary cereals
PROTEINS	95% ground beef / turkey Beans and peas Chicken, white meat / skinless Deli meat (turkey, ham, beef) Eggs (especially omega-3 eggs) Egg whites Lean beef steak Lean ham steak Lean jerky Low-fat cottage cheese Yogurt Non-fat and 1% milk Almond / peanut butters Non-fried fish Tofu Trimmed pork chops Tuna (in water) Turkey, white meat / skinless	85% ground beef / turkey Chicken, dark / skinless 2% and low-fat flavored milk Turkey, dark / skinless Turkey bacon Turkey sausage	75% ground beef / turkey Bacon Beef or pork ribs Bratwurst Chicken, with skin Fried chicken Fried fish / seafood Frozen pizza Ham, on bone Regular and low-fat cottage cheese Whole milk / chocolate milk
FATS	Avocado Flaxseed and flax oil Natural almond butter Natural nut butter (almond, peanut) Olive oil Peanuts Pumpkin seeds Raw almonds Raw cashews Raw pecans Raw pistachios Raw walnuts Sunflower seeds	Butter (in small amounts) Canola oil Coconut oil Dry-roasted nuts / seeds Reduced-fat mayo Reduced-fat salad dressing Reduced-fat sour cream Reduced-fat cheese Regular peanut butter	Fried foods Honey-roasted nuts / seeds Margarine Mayonnaise Ranch and other salad dressing Regular cheese Sour cream Vegetable oil

FRUITS AND VEGETABLES

- + They're a great source of high-fiber carbohydrates.
- + Fruits and vegetables provide your body with a combination of vitamins that can't be replicated in a supplement.
- + Different colors serve different roles in the body.
- + Aim for at least three colors at every meal.
- + Over the course of the day, strive to eat two servings of fruit and at least three servings of vegetables.
- + Whole fruits and vegetables are best.
- + Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost.
 - *When choosing canned fruits, choose options that come in their own juice or water.
- + Drink 100% fruit juice in moderation. One serving of juice is equal to 4-6 ounces.

RESTORATIVE NUTRITION BY COLOR

YELLOW FOODS

Optimizes brain function

- + Star fruit
- + Yellow figs
- + Golden kiwis
- + Yellow pears
- + Yellow peppers
- + Yellow tomatoes
- + Squash
- + Sweet corn

WHITE FOODS

Enhances immune system, lymph system, and cellular recovery

- + Bananas
- + Garlic
- + Ginger
- + Gobo root
- + Hearts of palm
- + Horseradish
- + Jicama
- + Mushrooms
- + Onions

GREEN FOODS

Rejuvenates musculature and bone

- + Green leafy veggies
- + Avocados
- + Broccoli
- + Kiwis
- + Green cabbages
- + All green veggies

RED FOODS

Supports heart and circulatory system

- + Cherries
- + Cranberries
- + Strawberries
- + Beets
- + Red onions
- + Tomatoes / tomato sauce

ORANGE FOODS

Supports skin and mucosal tissues

- + Apricots
- + Cantaloupes
- + Nectarines
- + Papayas
- + Carrots

PURPLE FOODS

Promotes microcirculation

- + Blackberries
- + Blueberries
- + Plums
- + Cabbages
- + Eggplants
- + Grapes
- + Olives

SET THE TONE: BREAK THE FAST

EAT BREAKFAST EVERY DAY

- + Optimizes metabolism
- + Fuels the brain
- + Increases energy levels
- + Helps you avoid eating more calories later in the day and at night. Don't play catch up with your nutrition!

BREAKFAST SHOULD INCLUDE

PROTEIN

- + Eggs / egg whites
- + Ham
- + Beans
- + Yogurt
- + Low-fat milk

COLOR

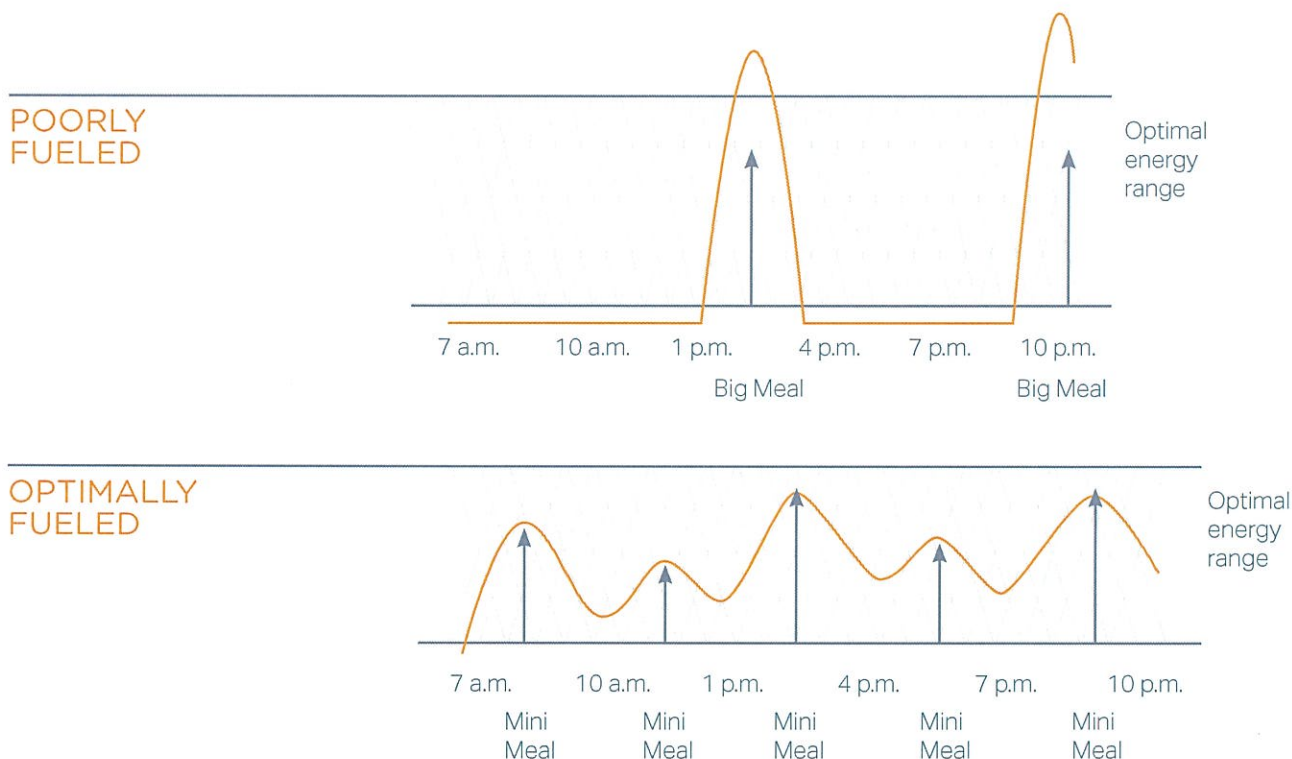
- + Fruit in your cereal, oatmeal, or yogurt
- + Veggies in your eggs or omelet

HIGH-FIBER CARBOHYDRATE

- + Whole wheat bread
- + High-fiber cereal, oatmeal, or beans

CONTINUE TO GIVE YOUR BODY STEADY FUEL

- + Don't substitute coffee, soda, or energy drinks for food or lack of sleep.
- + Focus on eating smaller meals more often to stabilize your energy all day long.
- + Skipping meals leads to lower energy and decreased physical and mental performance, not weight loss. Make smart choices with three macronutrients every three hours



Choosing great foods is only half the battle to optimizing nutrition. Make sure to choose portion sizes that fit your needs. (You may need multiple servings to meet your fueling plan.)

BREADS

1 slice	100% whole wheat, rye, white, pumpernickel bread
2 slices	Reduced-calorie bread
1/2	English muffin
1/2	Bagel (3 inches)
1	Roll (small)
6"	Pita bread
6"	Corn or flour tortilla

VEGETABLES

1 c	Raw vegetables
1/2c	Cooked vegetable (see above for raw)
6 oz	Most vegetable juices

FRUITS

1	Medium whole fruit (apple, orange, banana, etc.)
1/2 c	Applesauce, unsweetened
3/4 c	Blueberries
1 1/4 c	Strawberries, whole
1 c	Raspberries or boysenberries
1 c	Cantaloupe or honeydew, cubed
1/4 c	Watermelon, cubed
1/2 c	Canned fruit (canned in water or juice)
12-15	Grapes
12	Cherries
3	Dried prunes or plums
2 tbsp	Raisins or other dried fruit
4-6 oz	100% fruit juice

CEREALS AND GRAINS

1 c	Most cold cereals
1 1/2 c	Puffed cereals (e.g. puffed rice)
1/2 c	Cooked cereal (e.g. oatmeal, oat bran, Cream of Wheat)
1/2 c	Cooked brown or white rice
1/2 c	Cooked enriched or whole wheat pasta

MILK AND DAIRY

8 oz	Non-fat or 1% milk, low-fat or 1% chocolate milk
8 oz	Calcium-fortified light or reduced-fat soy milk
8 oz	Non-fat or 1% plain or fruit yogurt
4 oz	Non-fat frozen yogurt

MEAT AND PROTEIN

8 oz	Non-fat, low-fat, or 1% milk
3-4 oz	Meat
1/2 c	Beans
2 tbsp	Peanut butter
2	Eggs
1/2 c	Cottage cheese

QUICK TIPS



1 ounce of nuts should fit into the small of your hand.



A medium-sized piece of fruit is the size of a tennis ball.



1 ounce of cheese is about the size of four stacked dice.



1 cup of mashed potatoes is the size of your fist (depending on your size).



3-4 ounces of meat is about the size and thickness of a deck of playing cards.



1/2 cup of ice cream is the size of a tennis ball.



1 teaspoon of margarine or butter is about the size of your thumb.

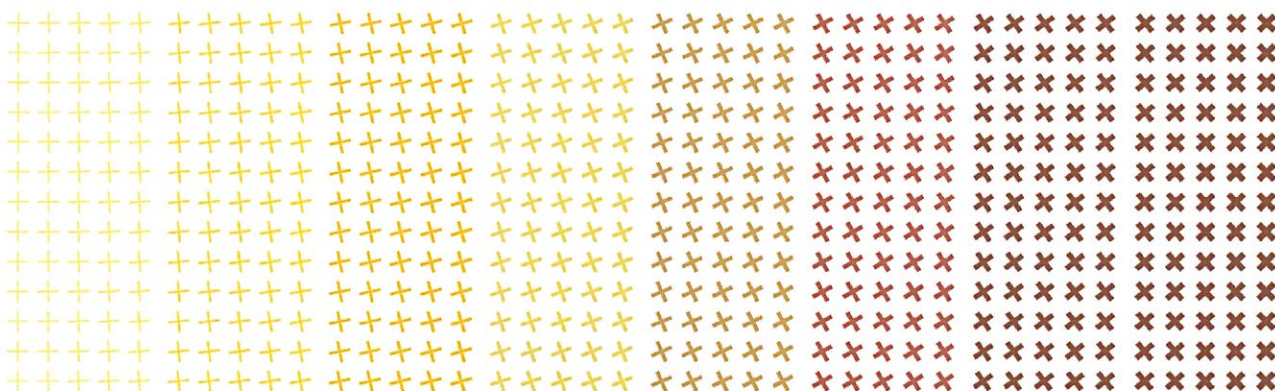
DEHYDRATION = DECREASED PERFORMANCE

- + Water is essential to your body because it helps to:
 - Regulate body temperature
 - Get nutrients to your organs
 - Lubricate and cushion your joints
 - Eliminate waste through urination, sweat, and bowel movements
- + Limit intake of alcohol, soda, energy drinks, sweetened teas, and fruit drinks. These drinks rob your body of water and provide very little nutritional value.
- + Choose a sports drink before, during, and after intense exercise.
- + Water should be your main source of hydration. Bored with plain water? Try adding lemon, cucumber, or mint, or occasionally reaching for unsweetened green tea.
- + Make it convenient. Keep a water bottle on your desk and reach for it all day.
- + Dehydration of only 3 percent in the muscle can cause about a 10 percent loss of contractile strength and 8 percent loss of speed.
- + The most effective way to maintain performance is to start your training session or game hydrated. The only way to do this is to make sure you meet your hydration needs throughout the day – every day.

TO MAINTAIN HYDRATION, DRINK WATER

Drink 1/2 - 1 ounce of fluid per pound of body weight per day.

Example: Body weight (180 lbs) / 2 = 90 lbs = 90 oz of fluid per day (minimum)

CHECK THE COLOR OF YOUR URINE AS
A GOOD INDICATOR OF YOUR HYDRATION STATUS

HYDRATED
(EXCELLENCE)

DEHYDRATED

EXTREMELY
DEHYDRATED
(CONSULT A DOCTOR)

PRE-WORKOUT

- + Don't go into your workout on an empty stomach.
- + Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein about 1-2 hours before your workout.
- + Going into a workout properly fueled will improve performance and jumpstart recovery.

SNACKS

- + 1 yogurt with 1/2 cup of berries and 3/4 cup high-fiber cereal
- + Small bowl of cereal with a banana
- + 1/2 turkey sandwich and fruit
- + 1/2 peanut butter and jelly sandwich and fruit
- + Homemade trail mix (1 cup high-fiber cereal, 2 tablespoons dried fruit, 2 tablespoons nuts)

Make sure to hydrate with 16-20 ounces of water, too.

DURING YOUR WORKOUT

It's important to stay hydrated during exercise to maintain performance and cognition. Proper fueling during and in between activities, including games, helps replenish hydration and fuel levels to maintain optimal performance.

Carbohydrate, fluid, and electrolyte levels are quickly depleted in sport. Replenishing these nutrients plays a huge part in performance, especially during multiple game events.

MEASURING HYDRATION

- + Excessive fluid loss (>2 percent body weight lost) through sweat can cause fatigue and impair performance.
- + A good way to monitor how well you're hydrating is to weigh yourself before and after training. For every pound of weight you lose during activity, replace with 20 ounces of fluids.

DRINKING SPORTS DRINKS

NO, IF...

- + Training for less than an hour
- + Weight loss is the goal of the training session

YES, IF...

- + Training for over an hour
- + Training in extreme environments
- + Lean body mass gain is the goal
- + You enter the workout without any fuel
- + You have a short but extremely intense workout

GENERAL HYDRATION GUIDELINES DURING WORKOUTS

MAINTAIN HYDRATION

2%

Keep weight loss to less than 2 percent during your workout.

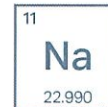


Take 4-6 gulps of fluid about every 15 minutes.



Pay extra attention to your hydration when you're sweating more than usual or in an extreme environment.

MAINTAIN FUEL AND ELECTROLYTES



When you need something more than water, choose a sports drink with at least 110 milligrams of sodium per 8 ounces to help prevent cramping and maintain electrolytes.

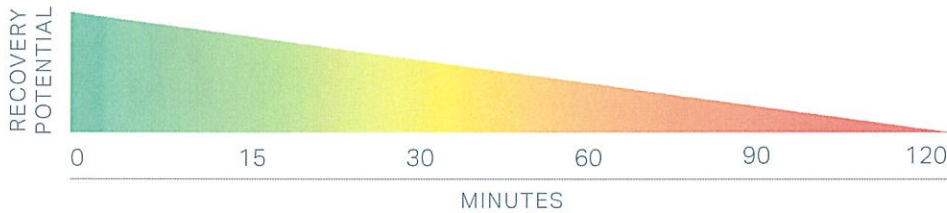


When your exercise level warrants the consumption of a sports drink, 20-32 ounces an hour is all you need to keep your body fueled. Balance the rest of your hydration needs with water.

POST-WORKOUT

The sooner you get your post-workout nutrition, the quicker you recover.

WINDOW OF OPPORTUNITY FOR NUTRITION RECOVERY



WITHIN 10 MINUTES OF TRAINING

1 REFUEL WITH CARBS
The more intense the training, the more carbohydrates you need.

2 REBUILD WITH PROTEIN
Body weight determines protein needs post-workout.

3 REHYDRATE WITH FLUID
Drink 20-24 ounces of fluid for each pound lost during training.

WHAT YOU NEED TO RECOVER

BODY WEIGHT	PROTEIN	CARBS
150 - 180 lbs	25 - 30 g	60 - 75 g
181 - 215 lbs	30 - 35 g	75 - 90 g
216 - 245 lbs	35 - 40 g	90 - 105 g

RECOVERY NUTRITION OPTIONS

- + 20-ounce low-fat chocolate milk and banana
- + Turkey and pasta salad
- + Tuna sandwich and baked chips
- + Meal replacement bar or shake
- + Scrambled eggs or egg whites with whole wheat toast and 6 ounces of juice
- + Turkey sandwich and yogurt
- + Fruit smoothie blended with yogurt or whey protein

While the typical fast food meal can add up to more than a day's worth of calories, fat, and sodium, smart fast food choices can be incorporated into a healthy eating plan. With a little planning and some specific requests, you can stay on track. Avoid fast food obstacles by following these simple guidelines:

1. Avoid fried foods. Choose grilled proteins instead.
2. Request skinless proteins. If there is skin on your chicken or turkey, take it off.
3. Choose fresh fruit, a baked potato, soup, or a salad with low-fat dressing as your side order.
4. Hold the mayonnaise, special sauces, and dressings.
5. Choose water as your beverage.

WENDY'S

- + 1/4 pound single burger with lettuce, dill pickles, and tomatoes
- + Baked potato with broccoli and reduced-fat sour cream
- + Ultimate chicken grill (with lettuce and tomatoes); avoid cheese sauce
- + Baked potato
- + Chicken Caesar salad with grilled chicken and fat-free French dressing (half size)

BAJA FRESH

- + Chicken Bare Burrito
- + Veggie and Cheese Bare Burrito
- + Steak Original Baja Taco
- + Shrimp Original Baja Taco
- + Mahi Mahi Americano Soft Taco

CHIPOTLE

- + Burrito
 - Light on the cheese.
 - Hold the sour cream.
 - Choose chicken over beef.
- + Salad bowl
 - Light on the cheese.
 - Hold the sour cream.
 - Choose chicken over beef.
- + If you're watching your overall calories, choose a burrito bowl instead of a full burrito.
- + Choose soft instead of crispy tacos.

ARBY'S

- + Roast Beef Sandwich
- + French Dip & Swiss Sandwich
- + Junior Roast Beef Sandwich
- + Junior Deluxe Sandwich
- + All-American Roastburger

TACO BELL

- + Fresco Crunchy Taco
- + Chicken Fresco Burrito Supreme
- + Fresco Grilled Steak Soft Taco
- + Beef Soft Taco Supreme
- + Chicken Burrito Supreme

PAPA JOHN'S

- Choose one of the following, add a sub or salad.
- + The Works: Original Crust (1 slice of 12" pizza)
 - + The Meats: Original Crust (1 slice of 12" pizza)
 - + Spicy Italian: Original Crust (1 slice of 12" pizza)
 - + Garden Fresh: Original Crust (1 slice of 12" pizza)
 - + Pepperoni: Original Crust (1 slice of 12" pizza)

BOSTON MARKET

- + 1/4 white rotisserie chicken (no skin) with garlic dill new potatoes and fresh steamed vegetables
- + 1/4 white rotisserie chicken (no skin) with fresh steamed vegetables and cinnamon apples
- + 5 ounces roasted turkey breast with fresh vegetable stuffing and fresh steamed vegetables
- + 1 serving BBQ chicken sliders
- + Chicken noodle soup

DOMINO'S

Choose one of the following, add a sub or salad.

- + Cheese (1 slice of 12" pizza)
- + Pepperoni and Mushroom (1 slice of 12" pizza)
- + Ham and Pineapple (1 slice of 12" pizza)
- + Veggie Lover's (1 slice of 12" pizza)
- + Fit 'n Delicious: Ham, Red Onion, and Mushroom (1 slice of 12" pizza)

BASIC PIZZA SUGGESTIONS

- + Choose thin crust to cut back on total calories.
- + Choose grilled chicken as a protein topping.
- + Avoid ordering breadsticks.

MCDONALD'S

- + Hamburger
- + Cheeseburger
- + Premium Grilled Chicken Classic Sandwich
- + Premium Grilled Chicken Ranch BLT Sandwich
- + Chipotle BBQ Snack Wrap (Grilled)

SUBWAY

- + 6" Sweet Onion Chicken Teriyaki
- + 6" Subway Club
- + Foot-long Turkey Breast & Black Forest Ham
- + 6" Steak & Cheese
- + 6" Egg White & Cheese Flatbread

WHOLE FOODS

- + Make a salad with lots of colorful vegetables. Add a lean protein (chicken, fish, or tofu), and include fruit, quinoa, or beans as a quality carbohydrate. Choose an oil-based dressing.
- + Make a balanced plate with lean protein, quinoa or rice, and lots of grilled vegetables.
- + Make a salad, and choose a non-cream based soup.

TRADER JOE'S

- + Choose one of their pre-made chicken wraps.
- + Choose a pre-made salad with a bowl of soup.
- + Choose soup or salad with a side of hummus and crackers or a portioned egg salad (100 calories).
- + Other good snacks include granola bars with 3 grams of fiber, fruits and nuts (watch the portions), pre-made hard-boiled eggs, hummus and veggies (sugar snap peas, carrots, cauliflower, etc.).

OTHER SUGGESTIONS

- + Choose whole wheat as the bread option.
- + Load up on vegetables.
- + Choose a lean meat such as turkey, grilled chicken, roast beef, or ham.
- + Choose apples, yogurt, raisins, or baked chips as a side option.

EATING OUT AT SIT DOWN RESTAURANTS

- + Choose grilled chicken, turkey, or fish as your protein.
- + If choosing a steak, opt for loin or round cuts.
- + Trim off any visible fat.
- + Start with a salad with low-fat dressing or a bean and vegetable soup.
- + Choose steamed vegetables as side dishes.
- + Eat rolls and potato dishes in moderation.

THE GAS STATION

- + Fresh fruit
- + Beef jerky
- + Sunflower seeds
- + Peanut butter
- + Almonds or walnuts
- + Sandwiches
- + Trail mix
- + Bottled water / zero-calorie green tea
- + Dry cereal
- + When choosing snacks, aim for 10-30 grams of carbs, 5-15 grams of protein, 3 grams of fiber, and <5 grams of fat.

GROCERY LIST

EAT CLEAN

PROTEIN

Less Legs The Better
Protein with each meal / snack

GRAINS

Come Back to Earth
>3 g fiber / serving

VEGETABLES / FRUIT

Eat the Rainbow
>3 colors on your plate

FAT

Eat Fats that Give Back
Look beyond the total fat...unsaturated

RANK	#	ITEM	#	ITEM	#	ITEM	#	ITEM	#	ITEM
HIGH OCTANE FUEL		___ Fish		___ Beans		___ Spinach		___ Green grapes		___ Avocado
		___ Shellfish		___ Peas		___ Lettuce		___ Kiwi		___ Guacamole
		___ Tuna (in water)		___ Lentils		___ Other greens		___ Pears		___ Raw almonds
		___ Chicken breast (skinless)		___ Bean soup		___ Broccoli		___ Honeydew		___ Raw walnuts
		___ Chicken breast (deli)		___ Brown rice		___ Asparagus		___ Green apple		___ Raw pecans
		___ Ground chicken		___ Quinoa		___ Green beans		___ Red apple		___ Raw cashews
		___ Turkey breast		___ Corn		___ Cucumber		___ Cherries		___ Raw pistachios
		___ Turkey breast (deli)		___ Alt. Grain		___ Celery		___ Strawberries		___ Raw sunflower seeds
		___ Ground turkey		___ Sweet potato		___ Zucchini		___ Raspberries		___ Raw pumpkin seeds
		___ Steak		___ Red potato		___ Tomato		___ Watermelon		___ Ground flaxseed
		___ Lean roast beef (deli)		___ White potato		___ Tomato sauce		___ Oranges		___ Flaxseed oil
		___ Lean ham (deli)		___ Whole wheat pasta		___ Salsa		___ Tangerines		___ Natural peanut butter
		___ Ground beef		___ Whole wheat couscous		___ Carrots		___ Nectarines		___ Natural almond butter
		___ Pork tenderloin / chop		___ Whole grain bread		___ Summer squash		___ Peach		___ Natural cashew butter
		___ Omega-3 eggs		___ Whole grain bagel		___ Onions		___ Grapefruit		___ Olive oil
		___ Hard-boiled omega-3 eggs		___ Whole grain tortilla		___ Mushrooms		___ Cantaloupe		___ Other oils: _____
		___ Egg whites		___ Corn tortilla		___ Cauliflower		___ Pineapple		___ Other: _____
		___ Skim / 1% milk		___ Whole wheat Eng. muffin		___ Cabbage		___ Bananas		___ Other: _____
		___ Skim / 1% yogurt		___ Whole wheat waffles		___ Beets		___ Plums		___ Other: _____
		___ Greek yogurt		___ Whole wheat pancakes		___ Bell peppers		___ Red Grapes		___ Other: _____
REGULAR OCTANE FUEL		___ Skim/1% cottage cheese		___ Old-fashioned oatmeal		___ Stir-Fry vegetables		___ Raisins		___ Other: _____
		___ Low-fat soy milk		___ Whole grain cereal: _____		___ Other: _____		___ Blueberries		___ Other: _____
		___ Tofu		___ Granola: _____		___ Other: _____		___ Other: _____		___ Other: _____
		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
		___ Breaded fish: _____		___ Baked beans		___ 100% veg. juice		___ 100% orange juice		___ Dry-roasted nuts
		___ Breaded shellfish: _____		___ White rice		___ Canned veg: _____		___ 100% apple juice		___ Dry-roasted seeds
		___ Chicken dark meat		___ Mashed potatoes		___ Canned veg: _____		___ 100% grape juice		___ Low-fat mayo
		___ Turkey dark meat		___ White pasta		___ Canned veg: _____		___ Other juice: _____		___ Low-fat dressing
		___ Ground turkey / chicken		___ White bread		___ Canned veg: _____		___ Canned fruit: _____		___ Low-fat sour cream
		___ Marbled steak		___ White bagel		___ Other: _____		___ Canned fruit: _____		___ Butter (small amounts)
		___ Ground beef		___ Flour tortilla		___ Other: _____		___ Dried fruit: _____		___ Regular peanut butter
		___ Pork chop (untrimmed)		___ White English muffin		___ Other: _____		___ Dried fruit: _____		___ Cheese
		___ Regular eggs		___ Regular waffles		___ Other: _____		___ Other: _____		___ Turkey sausage
		___ 2% milk		___ Regular pancakes		___ Other: _____		___ Other: _____		___ Turkey bacon
		___ 2% yogurt		___ Instant oatmeal		___ Other: _____		___ Other: _____		___ Coconut oil
		___ 2% cottage cheese		___ Cereal: _____		___ Other: _____		___ Other: _____		___ Canola oil: _____
		___ Jerky		___ Other: _____		___ Other: _____		___ Other: _____		___ Other oils: _____
		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
LOW OCTANE FUEL		___ Fried fish: _____		___ Refried beans		___ Fried veg: _____		___ Fruit drinks		___ Honey-roasted nuts
		___ Fried shellfish: _____		___ French fries		___ Fried veg: _____		___ Canned fruit: _____		___ Regular mayo
		___ Fried chicken		___ Hashbrowns		___ Fried veg: _____		___ Canned fruit: _____		___ Creamy dressings
		___ Fried turkey		___ Croissants		___ Other: _____		___ Fruit snacks		___ Regular sour cream
		___ Ground turkey / chicken		___ Biscuits		___ Other: _____		___ Other: _____		___ Margarine
		___ Fried steak / pork		___ Doughnuts		___ Other: _____		___ Other: _____		___ Sausage
		___ Ground beef		___ Muffins		___ Other: _____		___ Other: _____		___ Bacon
		___ Ribs (beef / pork)		___ Sugary cereal		___ Other: _____		___ Other: _____		___ Other: _____
		___ Whole milk		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____
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		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____		___ Other: _____

Did you remember?

Spices

Condiments

Cleaning supplies

GRAB N' GO SNACKS

- + Granola bars - Nature Valley, Cascadian Farms, Kashi
- + Instant oatmeal packets
- + Dried or fresh fruit
- + Vegetables
- + Pair the following food items with pre-portioned natural peanut butter or hummus containers:
 - Dried or fresh fruit
 - Sliced fresh vegetables
 - Whole grain crackers: Tricuits, Kavli, Wasa, RyKrisp® Crackers
- + Tuna kits
- + Beef jerky
- + Yogurt and cottage cheese cups
- + Nuts (switch between raw and roasted)
- + Low-fat cheese sticks

EASY PREP SNACKS

- + Hot oatmeal, Cream of Wheat, farina, or grits, and mixed berries and raw nuts
- + Toasted bagel with reduced-fat cream cheese or sliced cheese, peanut butter, or hummus
- + Sliced bagel, English muffin, or pita toasted and made into a sandwich
- + Fruit and natural nut butter
- + Nut butter and jelly / honey sandwich with whole wheat bread
- + Greek yogurt with granola or Kashi cereal
- + Pre-portioned snack bags of nuts, dried fruit, seeds, pretzels, or trail mix
- + Ready-made pizza crust, whole wheat English muffins, or whole wheat pitas with tomato sauce, veggies, turkey pepperoni, and low-fat cheese for a homemade pizza
- + Greek yogurt, mixed berries, granola, and nuts
- + Potato with cottage cheese, chili, low-fat cheese and broccoli, salsa or light salad dressing

4 TIPS FOR HEALTHY SNACKING

1 EVERY THREE
Aim to eat a small meal every three hours to maintain optimum energy levels.

2 LIMIT
Limit foods that are fried, breaded, or in a cream or cheese sauce.

3 SPARINGLY
Use fats like margarine, butter, sour cream, mayo, cheese sauce, or guacamole sparingly.

4 TOPPINGS
Top sandwiches with a light mayonnaise spread, oil, ketchup, mustard, or light dressing.

The single most important step in eating well when traveling is to take control of your food choices. Follow these simple suggestions, and you'll soon be on your way to improved nutrition and increased energy.

AT THE AIRPORT

When choosing food at the airport:

1. Look for a sandwich shop and bring something onto the plane. Keep your snacks and water accessible.
2. Choose a plain garden salad (no cheese or croutons). Add your own packet of tuna or salmon. Ask for red wine vinegar or olive oil. You can also add pre-portioned nuts for healthy fat.
3. Use airport kiosks to your advantage. Many places serve plain garden salads, non-fat Greek yogurt, whole fruit, plain oatmeal, and plain sliced vegetables.
4. Many kiosks and airport restaurants have hard-boiled eggs, grilled chicken, whole wheat sandwiches, and pita wraps.

Nutrition Note: Keep a journal to write down any food or fluid you're consuming that isn't part of your meal plan.

Breakfast Choices

Eggs, oatmeal, whole grain cereal, yogurt, whole wheat toast, peanut butter

Lunch and Dinner Choices

Lean meat, whole grain bread, whole wheat pasta, regular pasta, brown rice or white rice (although brown rice is best)

Snacks

Meal replacement bars, shakes, sandwiches, fruit, nuts, beef jerky

OTHER TIPS FOR TRAVELING

1. **Don't skip meals.**
Eat every three hours.
2. **Bring bars and shakes.**
These are great for snacks and pre- and post-workout nutrition.
3. **Make sure there is a lean protein choice with each meal.**
Grilled chicken, filet of beef, grilled fish, or grilled pork are great. Other options include turkey, ham, and roast beef sandwiches. Avoid anything fried.
4. **Add your grains, wholesome carbohydrates, fruits, and vegetables.**
Include a baked potato, rice, pasta, whole wheat bread, fresh fruits, and vegetables at every meal.
5. **Stay hydrated!**
Drink 1/2 – 1 ounce of water per pound of body weight per day. This is especially important for air travel. Aim to drink about 8 ounces of fluid every hour on the plane.

YOUR TRAVEL CHECKLIST

DON'T TRAVEL WITHOUT IT

- o Kashi cereal / granola bars / EAS bars
- o Sandwiches (pita, tortillas, bread)
- o Whole grain crackers (Triscuits, 100% Whole Grain Wheat Thins, RyKrisp® Crackers)
- o Pack Bob's Red Mill® instant oatmeal. Be sure to place 1/4 cup pre-portioned dry oats in Ziploc® bag. All you need is hot water, whether on the plane or at the airport.

LESS LEGS THE BETTER – LEAN PROTEINS

- o Whey protein powder
- o Have a shaker bottle with 1 to 1 1/2 scoops whey protein already in it. All you need to do is add water.
- o Packets of low-sodium albacore tuna in water
- o Packets of salmon
- o Other options you can prepare in advance include hard-boiled eggs, baked chicken, turkey or tuna (place in Tupperware or Ziploc® bag).
- o Beef or turkey jerky

HEALTHY FATS THAT GIVE BACK

- o Pre-portioned almonds (11 almonds)
- o Pre-portioned walnuts (7 halves)
- o Natural peanut butter
- o Low-fat string cheese

COLOR YOUR PLATE – FRUITS AND VEGETABLES

- o Whole apples, oranges, bananas, and/or pears
- o Ziploc® bag or small Tupperware container with fruits and vegetables
- o Red, yellow, or orange bell pepper slices
- o Cucumber slices
- o Baby carrots
- o Grape tomatoes
- o Leafy greens
- o Dried fruit (e.g. cherries, raisins, cranberries, apricots)

STAY HYDRATED

- o Water bottle to fill up after going through security.
- o Green tea bags

Jet lag often causes sleep deprivation and circadian rhythm (body clock) disruption. These may lead to adverse consequences that can affect athletic ability. It's important to understand what to do to prevent jet lag or minimize the effects of it.

TIPS FOR EATING AND COOKING ON THE ROAD

- + Purchase a high-quality, insulated lunch box.
- + Pack a cooler with ice from the hotel.
- + If a cooler is unavailable, fill the hotel sink with ice for a makeshift cooler.
- + Use a coffee pot to boil water for oatmeal and soup.
- + If possible, request a hotel room with a microwave and mini refrigerator.

SNACKS FOR A COOLER IN THE CAR

- + Low-fat cheese sticks
- + Hard-boiled egg whites
- + Yogurt tubes (e.g. Chobani Greek, siggi's™ Icelandic)
- + Fat-free or low-fat cow, soy, or almond milk
- + Sliced fresh vegetables
- + Pre-portioned hummus containers
- + Whole fruit (e.g. apples, oranges, bananas)

NON-PERISHABLE FOODS FOR THE ROAD

- + Whole grain crackers
- + Low-fat granola or Kashi cereal
- + Pre-portioned snack bags of nuts, dried fruit, seeds, pretzels, or trail mix
- + Pre-portioned nut butter containers
- + Beef or turkey jerky
- + Vacuum-packed packages of tuna, salmon, and chicken
- + Energy bars (ex. PROBAR®)
- + Peanut butter and jelly or honey sandwiches
- + Bagels
- + Protein powder
- + Sweet potato or beet chips

YOUR TRAVELING SLEEP REGIMEN



Get a comfortable neck pillow or regular pillow that can easily fit in a backpack or duffle bag.



Use an eye cover to block out light.



Get noise-reducing headphones or ear plugs.



Try a relaxing activity to wind down before bed such as reading, going for a walk, breathing or relaxation techniques, or turning off electronics.