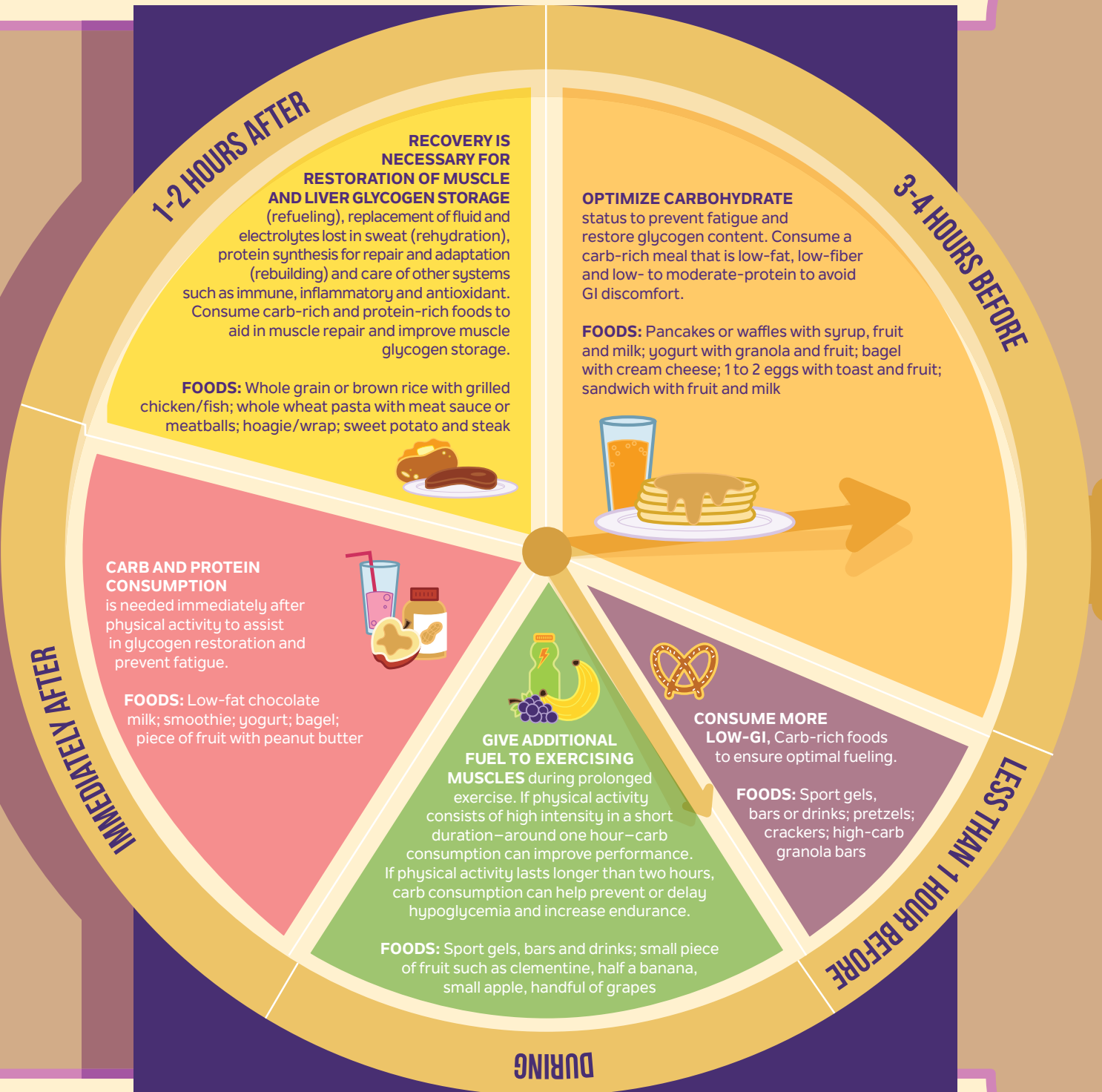


CLOCKING NUTRITION

Timing is everything, even when it comes to nutrition. Consuming the proper foods at the right time will help with endurance and performance during workouts, practices and games.



Sources: SCAN, "Clinical Sports Nutrition" 5th edition, "Sports Nutrition: An Introduction to Energy Production and Performance," Journal of the International Society of Sports Nutrition

Contributors: Jennifer Doane, MS, RDN, CSSD, ATC, and Allison Vinciguerra, MS

Infographic handout provided by the National Athletic Trainers' Association