

CARBOHYDRATES FOR ENERGY

- Make sure about 2/3 of every meal is carbs with grains, fruits, vegetables and drinks
- Include carbs in snacks and meals

PROTEIN FOR RECOVERY

- Eat a combination of carbs + protein throughout the day in both snacks and meals (e.g., a chicken sandwich = protein in chicken, carbs in bun)
- Get about 20g* of protein as soon as possible following activity



Inside an ATHLETE'S Diet

What You Need & What It Means For Your Performance

As an athlete, what you eat and drink can affect your game. And while there are plenty of diet options out there, there are some key nutrients and foods to consider when you're in the middle of your season and want to perform your best.

WHAT'S GOOD

Carbohydrates:

Deliver the right type of energy with foods like:

- Bread
- Crackers
- Pasta
- Rice
- Potatoes
- Pretzels
- Beans
- Fruits & Vegetables

Protein:

Delivers amino acids for proper muscle recovery with foods like:

- Meat
- Fish
- Eggs
- Soy
- Cheese
- Yogurt

Hydration:

Delivers fluids to help keep you safe and on the field with drinks like:

- Gatorade® Thirst Quencher and other sports drinks
- Water

**Based on an average weight of 180 lbs. If you're smaller, you may need less; larger and you may need more. To figure out an exact amount, multiply body weight in pounds by 0.11g.*





**FRUITS &
VEGETABLES**

MEAT & SEAFOOD

CORN (IN ALL FORMS)

**BEANS &
LEGUMES**

POTATOES

**NUTS &
SEEDS**

Inside a **GLUTEN- FREE**

Diet For Athletes

What It Is & What It Means For Your Performance

You've probably heard or seen a lot about gluten-free foods lately. But if you don't have a sensitivity to gluten and are still choosing to follow this diet, here's what you need to know as an athlete.

What's Good:

- Reduces inflammation if you have celiac disease or a gluten sensitivity

Watch Out For:

- If you remove foods with gluten from your diet without replacing them, you risk inadequate carb intake, and carbs are a primary fuel for athletes
- Gluten is found in foods with wheat, rye and barley. Some examples of foods made from these ingredients are crackers, pasta and bread

If You Do:

- Replace common foods with quality gluten-free sources like quinoa, potatoes and corn tortillas to maintain your carb intake – a critical fuel for athletes
- If you don't have celiac disease or a gluten sensitivity, you will most likely see no health or performance benefits from going gluten-free

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VEGETABLES

FRUITS

BEANS &
LEGUMES

GRAINS &
PASTA

NUTS &
SEEDS

Inside a **VEGETARIAN** Diet For Athletes

What It Is & What It Means For Your Performance

It's pretty obvious, but being a vegetarian means eliminating meat from your diet. So, is it the right choice for you as an athlete? Let's take a closer look.

What's Good:

- Your diet is typically fiber rich, with lots of fruits & vegetables
- You usually don't eat as much saturated fat

Watch Out For:

- No meat means you must be strategic about your protein intake to get the amino acids your body needs for recovery after training
- It could be difficult to get certain vitamins and minerals that are found only in meat proteins

If You Do:

- Work hard on getting high-quality protein in every meal, like eggs, cheese, beans and grains
- Complete protein is super important for muscle recovery – food with whey or soy, like Greek yogurt, Gatorade Recover® Whey Protein Bars and tofu, are ideal

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FISH & SEAFOOD

LEAN GRASS-FED MEATS

EGGS & NUTS

FRUITS &
VEGETABLES

Inside a **LOW-CARB**

Diet For Athletes

What It Is & What It Means For Your Performance

You may have heard of the Paleo or Caveman Diet, Atkins or even the South Beach Diet. And you might be wondering if one of these is right for you. As an athlete, it might not make the cut during the competitive season.

What's Good:

- For Paleo, you eat more whole foods and avoid processed foods
- Low-carb diets can help with weight loss

Watch Out For:

- Restricting carb intake – the primary fuel for athletes
- Substituting foods for those that normally contain carbs – this may result in a higher intake of saturated fat than you need

If You Do:

- You may not be able to perform at your best without carbs – your primary source of fuel during exercise
- You won't be making the best choice for an in-season diet

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