

SNACK AND EAT OFTEN

Eating a meal every 2-4 hours keeps your blood glucose levels at a constant normal range. This provides more energy, better concentration, controls hunger, and helps with maintaining muscle mass. Eating only a few large meals a day can lead to more body fat and less muscle mass. The goal is to meet your calorie needs in 5-6 meals/snacks instead of two large meals.

Quick Tips

- **Start off right**—Breakfast is the most important meal of the day; choose food high in nutrients.
- **Plan ahead**—Have portable performance foods in your backpack for fuel every 2-3 hours between meals and around training.
- **Adapt to your needs**—Know what foods sit well with your body. Don't try new foods or meals on days that you have important training sessions or a competition.

Start your day off right

- Eat a balanced breakfast that combines whole grains, fruits, and protein for sustainable energy before class.
- **Breakfast:** choose eggs, whole grain toast with peanut butter, cereal and milk, fruit, 100% fruit juice, yogurt

Fuel your day

- Have food available to eat every 2-3 hours. This will provide enough physical and mental fuel to maintain intense training on the court and in the classroom.
- **Smart Snacks:** string cheese, dry cereal, trail mix, whole grain crackers, dried fruit snacks, granola bars

Replenish your body during recovery

- Have a meal within one hour after training; High carbohydrate, high quality protein, and ample fluids
- If you don't eat a meal within one hour after training, have a recovery snack within 30 minutes. This is especially important on days with more than one training sessions, multiple games, or during tournaments.
- **Recovery Nutrition:** low-fat chocolate milk, yogurt parfaits, fruit smoothies, trail mix

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