

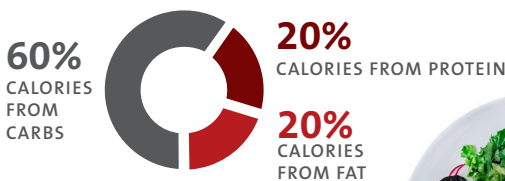
EAT TO WIN FOR ATHLETES



TIPS WHEN TRAINING

MEET YOUR CALORIE NEEDS

Most athletes require at least 1,800 calories or more a day. Follow a healthy diet in these proportions:



♂ MALE ATHLETES NEED:

- More than 22.7 calories per pound of body weight daily
- 3,800 calories daily for a 170-pound man



FEMALE ATHLETES NEED:



- 20 to 23 calories per pound of body weight daily
- 2,600 to 2,990 calories daily for a 130-pound woman



EAT 6 SMALL MEALS/SNACKS A DAY

Focus on eating these foods:

- Whole grains
- Fruits and vegetables
- Lean meats
- Eat a balanced diet
- Eat protein with every meal or snack

KEEP THE FLUIDS COMING

- Carry fluids with you.
- Water is best.
- Sports drinks are recommended for extreme workouts in hot weather.
- Avoid caffeine and alcohol
- Pale yellow urine means you're properly hydrated.

