I am a junior student-athlete. I have morning workouts at 5:30 a.m. and my first class is at 8:30 a.m. I am too busy to eat breakfast and I stop at the cafeteria for lunch between classes. I am back in the pool at 3:30 for a two-hour practice; then I have to grab dinner before going to study hall from 7 to 9 p.m. Sometimes I have to study late into the evening to finish a paper or prep for an exam.

How can I sustain my energy throughout the day to optimize both my academic and athletic performance?

- **START OFF RIGHT:** Breakfast is the most important meal of the day; choose nutrient-rich foods.
- **PLAN AHEAD:** Have portable performance foods in your backpack for fuel every two to three 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 during days that you have important training sessions or a competition.

(For food options and tips, turn the page.)
The key to optimal meal planning is developing a plan to meet the demands of your busy schedule and your body composition goals. There are lots of ways to strategize about eating frequently. A registered dietitian (RD) or Certified Specialist in Sports Dietetics (CSSD) is the food and nutrition professional best qualified to help you design a nutrition plan tailored to your health and performance needs. Check with your athletics department or student health services or go to scandpg.org and click on Find a SCAN RD.

START YOUR DAY OFF RIGHT

• Get a quick carbohydrate boost before the morning training session and eat a balanced breakfast that combines fiber (whole grains) and protein for sustainable energy before class.

• Select meals that are carbohydrate-rich, moderate in protein, and low in fat.

• **Breakfast**: choose eggs, whole grain toast with peanut butter, cereal and milk, fruit or 100% fruit juice, whole grain waffles topped with fruit, or yogurt

• Make lunch count by choosing lean meats to help you recover from a morning session and complex carbohydrates to replenish your body for an afternoon workout.

• **Nutrient-rich lunch options**: pasta with chicken and tomato sauce, steamed rice with vegetables and low-fat milk, grilled chicken sandwich with a fruit and yogurt smoothie, instant oatmeal with dried fruit and low-fat milk, a peanut butter and jelly sandwich, chicken noodle soup with crackers, chicken or turkey wrap, or sliced turkey on a bagel.

KEEP ENERGY UP DURING TRAINING

• If your training will be longer than an hour, plan a small carbohydrate-rich snack or beverage immediately before and during the activity.

• A sports drink during training or intense physical activity provides fuel and replaces lost fluid and electrolytes.

• **Nutrition during training**: granola or sports bars, bananas, dried fruit, and bread with jam or jelly.

• Drink water when consuming carbohydrates during practice to avoid stomach problems.

REPLENISH YOUR BODY DURING RECOVERY

• Plan to have a meal within one hour after training. A meal of carbohydrate-rich foods, high-quality protein, and ample fluids will meet your recovery needs.

• A recovery snack, eaten within 30 minutes, is critical if you don’t eat a meal within one hour after training. This is especially important on days with multiple training, competition or tournament sessions.

• **Recovery nutrition**: Low-fat chocolate milk, trail mix, cereal and milk, yogurt parfaits and fruit smoothies.

• Student-athletes do not always have access to food immediately after practice. Be sure to pack recovery snacks in your gym bag so that you can quickly begin to refuel.