

# Eating on the Run

## 1. Use MyPlate to guide food choices



## 2. During Activity: hydrate, keep foods light

- \* Drink to replace losses—your thirst is a pretty good guide
- \* Sports drinks may be useful for activities longer than 1 hour
- \* You may want solid foods for activities longer than 3 hours—choose foods you know you tolerate well during activity

## 3. Recovery: the sooner the better

- \* Drink to replace fluids lost
- \* Eat a balanced snack shortly after activity to maximize your recovery

## 4. Supplements: a roll of the dice

- \* Safety a concern—supplements are not carefully regulated
- \* Most are lacking scientific evidence of claims

## 5. Train your stomach too!

- \* Competition day is not the time to try new foods!

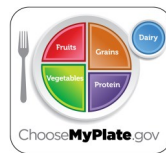
For more information:

[www.bit.ly/kw\\_sport\\_nutrition](http://www.bit.ly/kw_sport_nutrition)



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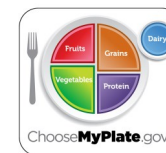
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