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

The University of Wyoming and the United States Department of Agriculture cooperate. The University is an equal opportunity/affirmative action institution.