

Don't forget hydration!



G2

-Choose this instead of regular Gatorade when not working out

Flavored Water

-Has only 0 to 5 calories and adds variety to plain water, try Dasani or Propel-To mix it up, try sparkling flavored water, such as $Sparkling\ Ice$

Coffee & Tea

- -Ask for skim milk or soy milk -Hold the whipped cream and chocolate topping
- -Best option is unsweetened tea or coffee with skim milk

DON'T LET YOUR PERFORMANCE FALL OF TRACK WITH TEMPTATIONS AT GAS
STATIONS, AIRPORTS, AND FAST-FOOD. WHEN TRAVELING HOME FOR THE HOIDAYS,
MAKE HEALTHY CHOICES TO MAINTAIN YOUR ATHLETIC IMPROVEMENTS AND

STABILIZE ENERGY LEVELS ON THE JOURNEY.

What makes a good snack?

Look for:
-whole,
natural
ingredients
-protein
(at least 10g
in a bar)
-aim for > 3
grams fiber
-watch out for
sugar in
granola bars

Try one of these!

- ◊ Trail Mix
- ♦ Apple, banana, orange
- Dried fruit, such as raisins, cranberries, banana chips, apricots



- ◊ Pretzels
- ♦ Sunflower kernels
- Nuts: Pistachios,
 Roasted

almonds,

Cashews

bar: Power bar, Kind bar, Bal-

ance bar,

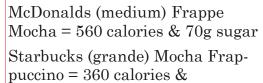
Luna bar, Larabar bar

Sweet Indulgences

- * Dark chocolate bar—choose one with > 70 % cocoa
- * Dark chocolate covered nuts or raisins
- * Yogurt covered raisins

Swap these out!

54g sugar



Starbucks Peppermint Hot Chocolate (grande) = 440 calories & 61g sugar

Taco Bell Cheese Quesadilla = 460 calories & 26g fat

Better options

McDonalds (small) nonfat latte = 90 calories

Mocha light Frappuccino (grande) = 130 calories & 26g sugar

Starbucks Café Latte (grande) with non-fat milk = 130 calories & 18g sugar

Taco Bell Fresco Chicken Soft Taco = 140 calories & 3.5g fat

