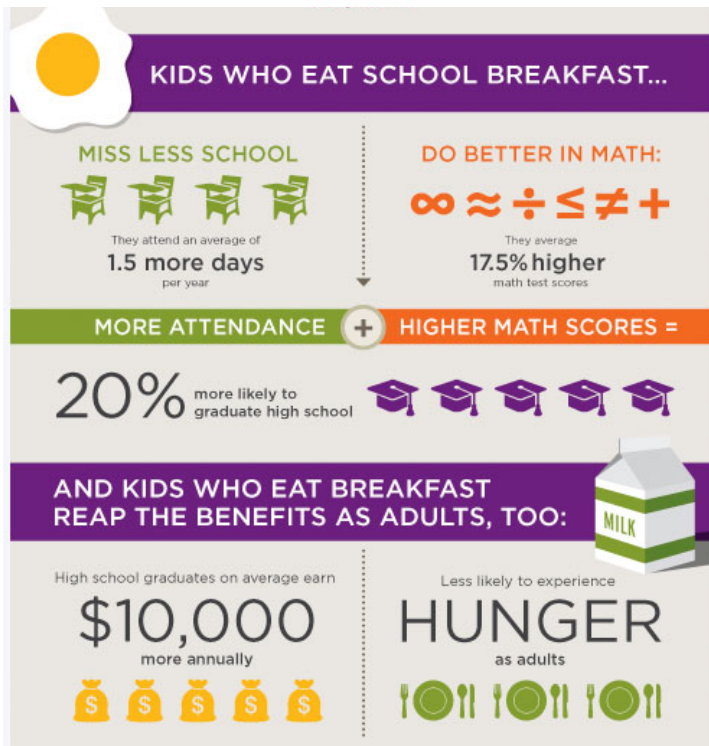


WHY IS NUTRITION SO IMPORTANT?



<https://schoolnutrition.org/AboutSchoolMeals/MoreThanJustLunch/>

Hungry students are:

Twice as likely to repeat a grade

More likely to have lower math and reading scores

3 times more likely to be suspended from school

More likely to be absent from or late to school

Showing a heightened propensity for having isolating or anti-social behaviors, and a greater need for special education

Afterschool meals keep students learning and healthy:

School meals contribute to the healthy growth and development of students by providing nutritious food when classes are not in session.

Students have higher daily intake of fruits, vegetables, milk and key nutrients on days they eat afterschool meals, compared to days they do not.

Students of working families with nontraditional hours are at greater risk for being overweight and obese.

Afterschool meal programs are required to offer educational or enrichment activities in addition to meals, which enables students to learn and stay safe when school is out.

BUILD A PERFORMANCE-ENHANCING PLATE

Properly fueling can provide an edge over other athletes who don't focus on their nutrition.

► Calorie and nutrient needs vary depending upon intensity and phase of training.

► This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.



HEALTHY FATS

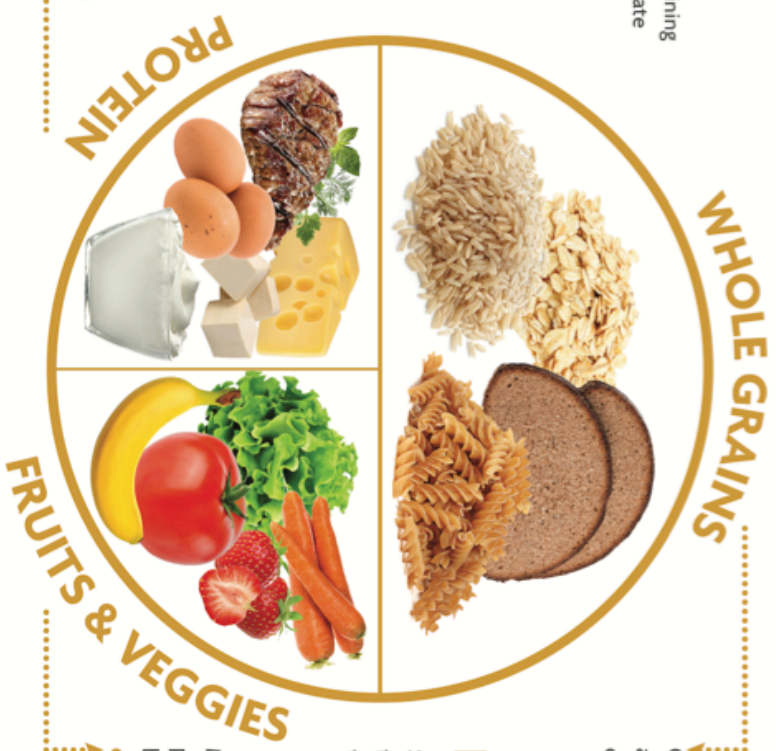
Moderate amounts of healthy fats provide a concentrated energy source and essential fatty acids.

[nuts, seeds, oil and fatty fish]

Protein foods are essential for building/repairing muscle and helping to support immune function.



For advice on customizing a nutrition plan, consult a sports dietitian.



WHOLE GRAINS

Carbohydrates fuel muscles and are the quickest source of energy for athletes.

FLUIDS

Stay hydrated by drinking fluids at mealtime and throughout the day.

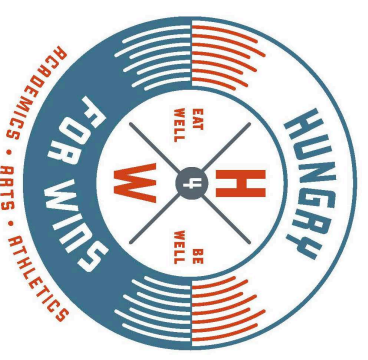
[milk, water, 100% fruit juice]



FRUITS & VEGGIES

Many fruits and vegetables provide nutrients that have been linked to reduced oxidative damage from hard training.

PROTEIN



<https://www.milkmeansmore.org/athletes/sports-nutrition/>