

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!

Questions on this content? Find your area UW Extension Nutrition and Food Safety Educator at <https://uwyoextension.org/uwnutrition/> or Ask Our Experts at nfs@uwyo.edu

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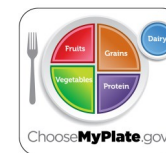
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