

PERFORMANCE NUTRITION

PLAY OF THE DAY:

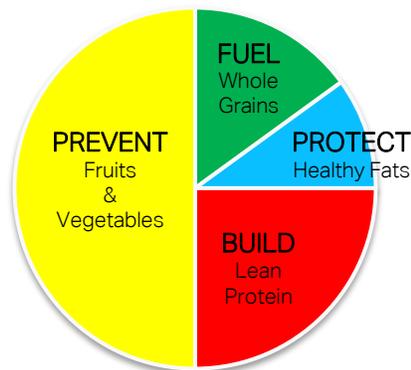
EASY FAST-BREAKERS

(HEALTHY BREAKFAST IDEAS)

Improving as an athlete means being able to perform at 100% each and every practice, game or workout. Focused and fueled is a great way to jump-start your day and your performance. Don't head out the door with an empty tank! Try these easy and performance-enhancing breakfast options!

Quick and Easy Breakfast Ideas:

- + Greek yogurt + granola + berries
- + Granola bar (with 7-15g protein) + V8 Splash
- + 1 whole grain bagel topped with low-fat cheese
- + Scrambled Egg sandwich (on whole grain bread)
- + Whole grain cereal + low-fat milk + fruit
- + Oatmeal + sliced almonds + cranberries
- + Whole wheat bagel + low-fat cream cheese + hard-boiled egg
- + 2 slices of whole grain toast + nut butter + orange juice
- + Reduced-fat chocolate milk + banana



Note:

Try to start your day with foods that **BUILD**, **FUEL**, **PROTECT** and **PREVENT**!

Fast-Breaker for Champions:



*Source of **BUILD***

✦ Egg white, lean deli ham, and low-fat cheese

*Source of **FUEL***

✦ Whole grain English muffin

*Source of **PROTECT***

✦ Egg yolk (which contains DHA)

*Source and **PREVENT***

✦ Paired with Orange juice

Place 1 slice lean deli ham, 1 pan-fried egg, and 1 slice low-fat cheese on a whole grain English muffin. Pair with O.J. and enjoy!

Eat Like the Pro's Eat!

Eric Shanteau, a U.S. 2008 Olympic swimmer, always includes a daily breakfast into his training regimen..."I shred a plain wheat biscuit, dump some Grape-Nuts on it, and add vanilla almond nut cluster. Then I put in a handful of raisins, a big spoonful of ground flaxmeal, a handful of walnuts, raspberries and cut-up kiwi. I put a splash of almond milk on there, then put some organic yogurt on top. It's a pretty heavy bowl. The dietitians I've talked to say, "I can't believe you can digest that." But it doesn't hurt me—it kind of just sits in my stomach like a ball of energy, which is great."

EVERY DAY IS GAME DAY.

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Call Mayo Clinic Sports Medicine Center to book a nutrition appointment:
507-266-9100