



High-Performance Nutrition Check-Up

<i>Nutrition Goals</i>	<i>Always</i>	<i>Most of the Time</i>	<i>Not Enough</i>
Eat breakfast every day			
Choose plenty of high-carbohydrate grain sources (whole grain breads, brown rice, whole grain cereals, etc.)			
Eat at least 4 fruits/juices a day			
Eat at least 4 vegetables a day			
Eat or drink at least 3 high-calcium sources a day (milk, yogurt, cheese, calcium-fortified juices)			
Eat at least two high-quality protein sources a day (3 ounces turkey, 3 ounces roast beef, cup beans, etc.)			
Drink at least 8 cups of fluid per day plus extra fluid for exercise (1/2 to 1 cup of water or sports drink every 15-20 minutes during exercise)			
Eat 1-3 hours before and 30-60 minutes after practice to fuel my muscles			
Bring snacks with me during the day so I have healthy options			
Make smart choices when eating fast food			
Learn how to shop for and prepare food so I can be more responsible for my own nutrition, especially after high school			
Steer clear of restrictive diets; include ALL foods in moderation			
Take a multivitamin daily			