

nutrition basics

the whats & whys

macronutrients

provide energy to keep your body working & moving

they include:

CARBOHYDRATES

Fuels your brain & muscles during exercise
Quickest digestion - eat before training to give your body enough energy to perform

Best sources: vegetables, fruits, starches, grains

PROTEIN

Repairs & builds muscle after exercise
Strengthens hair, nails, & skin
Moderate digestion - eat after training and throughout the day to support strong muscles

Best sources: meat, seafood, eggs, quinoa, lentils, Greek yogurt

FAT

Protects & heals your body
Supports your brain, nerves, and hormones
Longest digestion - eat when you have time to digest before training or practice for a longer-lasting energy source

Best sources: oils, avocado, nuts, seeds, fatty fish

micronutrients

necessary for your body to effectively use macronutrients

they include:

VITAMINS & MINERALS

Protect & heal your body
Help your body perform and function at its best

Found mostly in fruits & vegetables