 **Own the Podium**

 Fuel the Body

Athletes need to eat optimally in order to maximize energy and performance.

The main macronutrient that provides us with required energy is **carbohydrate**.

Using the food labels, answer the following questions:

1. Most people consider roughage high in \_\_\_\_\_\_\_\_? Which food has the highest of this per serving?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which foods have absolutely no salt per serving?

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1. Which two foods provide the most energy?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The most beneficial time to consume a post-exercise meal is right after the event [15-30 minutes]. One of the most beneficial post-exercise drinks, is Chocolate Milk because of its magic ratio of carbohydrate to protein. What’s the ratio? \_\_\_\_\_\_\_\_\_\_\_.