

NUTRITION – Triathlon Assessment

Your diet and your performance are closely linked. Use this assessment to start making positive changes.

	Always	Sometimes	Never
Do I?			
Eat breakfast within 2 hours after I wake up			
Plan meals and snacks so I eat every 3–4 hours during the day to properly fuel my body			
Balance my plate at meals with 1/3 protein (meat, fish, beans, cottage cheese, peanut butter) and 2/3 carbohydrates (grains and cereals, bread, pasta, rice, fruits, veggies)			
Eat 1-3 hours before practice to fuel my muscles ahead of time (mostly high-carbohydrate foods; no fried foods before workouts)			
Include “good fats” in my diet that may help with recovery including nuts, seeds, soy nuts, peanut butter, olive oil, and oil-based dressings			
Maximize recovery nutrition after intense workouts by eating or drinking recovery fuel (fluids, carbs, & protein) within 30 minutes of completing exercise			
Eat at least 2 pieces or cups of fruit and 2 cups of vegetables a day to boost natural nutrients			
Eat or drink at least 3 high-calcium sources a day (a glass of milk, a cup of yogurt, a slice of cheese, a glass of calcium-fortified juice)			
Drink fluids all day long + at least 6 ounces for every 20 minutes during hard workouts			
Bring healthy snacks with me during the day so I can stay fueled with energy			
Take a multivitamin daily			
Prioritize sleep (at least 7–8 hours a night) so my body has a chance to recover and repair on a consistent basis			
Consider my diet as an integral part of my training regimen to help reach my athletic potential			