Breakfast
WHY IT’S A GOOD THING

When to eat?
- Within an hour of waking
- 20-30 minutes prior to morning workouts

What to eat?
- Powerful pairing
  - Carbohydrates for energy
  - Protein to rebuild muscle
  - Healthy fats to keep you satisfied
- Choose 2-3 different food groups.
  - Grains, fruits, vegetables, protein and dairy
- Include a beverage.
  - Milk, water, 100 juice
  - Limit caffeine intake, your body needed energy from food first.
- Try non-breakfast foods.
  - Leftovers from dinner or pizza from the weekend.

Why breakfast?
- Energy
- Better concentration
- Healthy weight
- Better grades
- Improve performance
- Hydrate

Examples:
- Cereal and low-fat milk
- Fruit smoothie made with yogurt
- Peanut butter toast, banana, glass of milk
- Yogurt, granola, fruit
- Whole wheat bagel, egg, cheese
- Granola bar and cheese stick
- Trail mix with dry cereal
- Turkey and cheese sandwich
- Cold pizza

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