

# Tactics And Techniques To Help Your Athletes Fuel Independently

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Executive Performance Nutrition Chef



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# What We'll Cover Today

- Review the literature on athlete nutrition status, education, culinary skills and performance.
- Discuss the broad impact of nutrition education and independent fueling on markers of performance in athletes.
- Highlight the barriers of fueling independently and your role in fostering the culinary independence of your athletes.
- Highlight the basic equipment and essential skills needed to fuel independently.
- Review performance nutrition culinary hacks for all level of athlete and fueling considerations in and around the season.



# Potatoes Fuel Performance

- **Potatoes are:**
  - A low-cost vegetable
    - Potatoes provide key nutrients at an affordable price
  - A source of plant-based protein
    - One medium (5.3 oz.) skin-on white potato has 3 g of protein per serving (6% of the daily value [DV])
  - Easy to prepare and can extend meals!
  - Quick, portable, convenient, several forms to fit various needs (dehydrated, frozen, fresh)
  - Comforting and familiar (gateway vegetable!)
  - Tasty and well-liked by athletes (no plate waste!)



Nutritional data is based on a medium-size 5.3 ounce skin-on potato.

Nutrition and Athletic Performance. Position of the Academy for Nutrition and Dietetics, American College of Sports Medicine and the Dietitians of Canada. *Med Sci Sports Exerc.* 2015;48:543-568.

Drewnowski A. New metrics of affordable nutrition: Which vegetables provide most nutrients for least cost? *J Acad Nutr Diet.* 2013;113(9):1182-7.



C·P·S·D·A·  
FUELING VICTORY

# Potatoes Fuel Performance

## POTATOES FUEL PERFORMANCE



### CARBOHYDRATES

Potatoes have 26 grams of carbohydrate per serving, which is 9% of the daily value. Carbohydrates are a key source of energy for muscles to help you fuel, perform and recover.<sup>1</sup> Carbohydrates are also important for optimal physical and mental performance.<sup>2</sup>



### VITAMIN C

Potatoes have 27 mg of vitamin C per serving, which is 30% of the daily value. Potatoes are considered to be an excellent source of this antioxidant. Vitamin C aids in collagen production—a major component of muscle tissue—and supports iron absorption.<sup>4</sup>



### POTASSIUM

Potatoes have 620 mg of potassium per serving, which is 15% of the daily value and more than a medium-sized banana (422 mg per serving).<sup>3</sup> Potassium is an electrolyte essential for muscle functioning. Potassium is lost in sweat, so it needs to be replenished for optimal performance.<sup>2</sup>

A nutritional powerhouse, potatoes are a popular, nutrient-dense vegetable that provides fuel and replenishment for athletic performance.\*



### IRON

Potatoes have 1.1 mg of iron per serving, which is 6% of the daily value and more than half the amount in a 3-ounce beef patty (2.06 mg per serving).<sup>1</sup> Iron is a mineral involved in making proteins that carry oxygen to all parts of the body, including to the muscles.



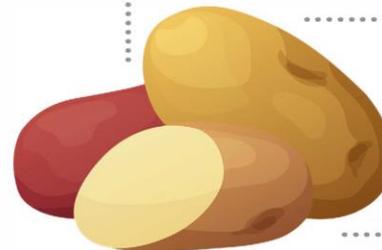
### VITAMIN B6

Potatoes have 0.2 mg of vitamin B6 per serving, which is 10% of the daily value and considered to be a good source. Vitamin B6 plays important roles in carbohydrate and protein metabolism.



### PROTEIN

Potatoes have 3 grams of protein per serving. Protein is a key component of muscle and an important nutrient for athletic performance.



### FIBER

Potatoes have 2 grams of fiber per serving, which is 7% of the daily value. Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose and increasing satiety.<sup>5</sup>



1. Burke LM, Hawley JA, Wong SH, Jenkins DP, AE. Carbohydrates for training and competition. *J Sports Sci*. 2011; 29(Suppl 1):S17-27.  
2. Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *Journal of the Academy of Nutrition and Dietetics*. 2016; 116(3):501-526.  
3. USDA Food Composition Database. USDA Food Composition Database v.1.9.5.3. 2019-06-15. <https://ndb.nal.usda.gov/ndb/>. Accessed September 5, 2019.  
4. Pillar JM, Carr AC, Visser MCM. The roles of vitamin C in skin health. *Nutrients*. 2017; 9(8):866.  
5. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health implications of dietary fiber. *J Acad Nutr Diet*. 2015 November; 15(11):1861-70.  
\*One medium potato (148g/5.3 oz.) with skin on.



# Athletes May Struggle To Meet Sports Nutrition Recommendations

- Greater energy needs
  - Training, competition, recovery, school performance
- Lack of time
- Lack of resources
- Lack of knowledge
- Easy and familiar fixes



# Athletes Can Have Poor Diet Quality

- Under fueling
- Lack of variety
- Influence of media (not science)
- Personal body image issues

## RESEARCH FACT

Many college athletes have a difficult time meeting current sports nutrition recommendations. A 2013 study assessed the diets of 52 female NCAA Division I athletes (soccer, basketball, cross-country, track and field) to determine how the diets compared to current recommendations from sports nutrition experts. Anthropometric measures (height, weight, body composition), 24-hour recalls, and 3-day diet records were completed on each athlete. The athlete's daily energy intake (calories) was estimated to be significantly below requirements. In addition, 74% of the athletes did not meet the minimum recommendations for carbohydrate intake and 50% missed the mark for protein intake. There were no differences among the sports.

*Shriver LH, Betts NM, Wollenberg G. Dietary intakes and eating habits of college athletes: are female college athletes following the current sports nutrition standards? J Amer College Health 2013;61(1):10-16.*

# Athletes Might Have Nutrition Knowledge Deficits

- Many athletes do not have
  - Time, money, cooking skills, and cooking equipment
- There is some correlation between an athlete's nutrition knowledge and their dietary habits
- Knowledge deficits exist at all levels

## RESEARCH FACT

Not surprisingly, students with greater knowledge of nutrition make better food choices. A 2007 cross-sectional study examined the relationship between self-reported eating behavior and nutrition knowledge in 193 first-year college students. Knowledge and behavior was assessed via an online survey. Students with more knowledge of nutrition ate significantly more fruit, protein, and dairy compared with those who had poor knowledge of nutrition. Increased nutrition knowledge was also associated with higher intake of whole grains.

*Kolodinsky J, Harvey-Berino JR, Berlin L, Johnson RK, Reynolds TW. Knowledge of current dietary guidelines and food choice by college students: better eaters have higher knowledge of dietary guidance. J Amer Dietetic Assoc. 2007;107(8):1409-1413.*



# Athletes May Not Have Adequate Cooking Skills

- Evidence is limited
- We can ALL always improve our skills, learn more, and become more efficient in the kitchen



# Nutrition And Culinary Education Makes A Difference For Athletes

- Your athletes want to be educated
- Educated athletes have increased lean body mass and water intake while they decrease their intake of sweets and oils
- Athletes educated with a culinary class report more confidence in the kitchen, greater ability to make their own food choices, and desire to make the demo recipes again
- Education should be facilitated by a sports RD
  - Life Skills Kitchen
  - Hands-On Fueling Demos
- Use of technology may support positive dietary changes



# Culinary Independence For The Win

- Real life example:
  - An athlete has eggs, hash browns and a fruit cup for breakfast every morning at the cafeteria. This Sunday, the cafeteria is closed. The athlete skips breakfast and lunch, and then goes out for dinner at a fast food restaurant.
- The RD does a great job at the cafeteria and training table with education but due to lack of exposure, the athlete is unsure how to take the first steps they need to prepare fuel on their own
- Teaching athletes how to cook performance based meals is an invaluable tool and a life skill they will carry with them forever



Image: <https://www.deseret.com/2011/8/31/20212964/sports-dietitians-fueling-top-football-programs>

# Why Is Culinary Independence So Important For Your Athletes?

Lack of exposure can lead to dependence



Potential harms from a lack of culinary independence

Financial

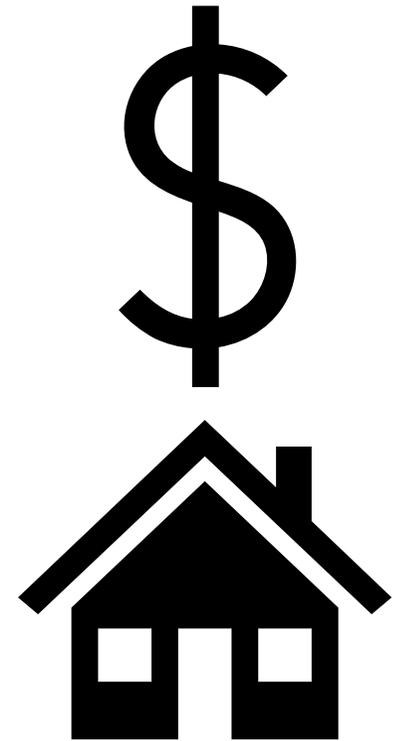
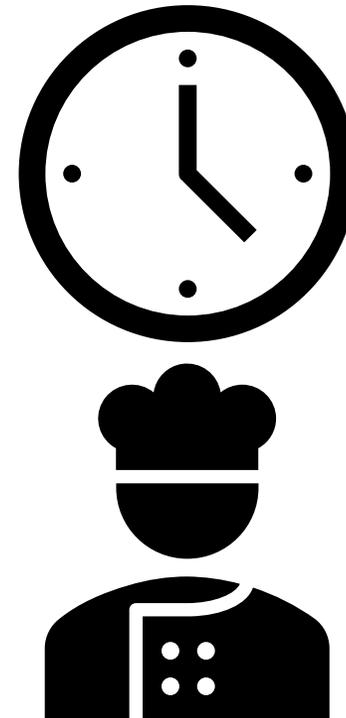
Performance

Recovery



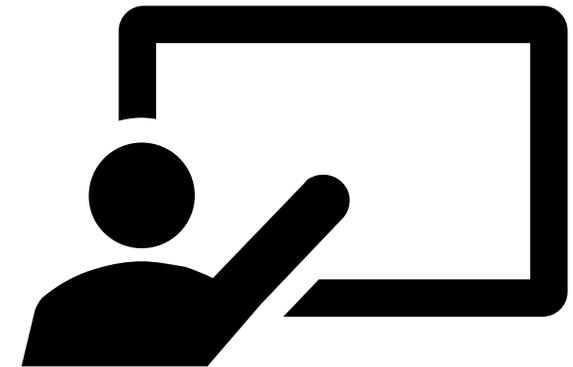
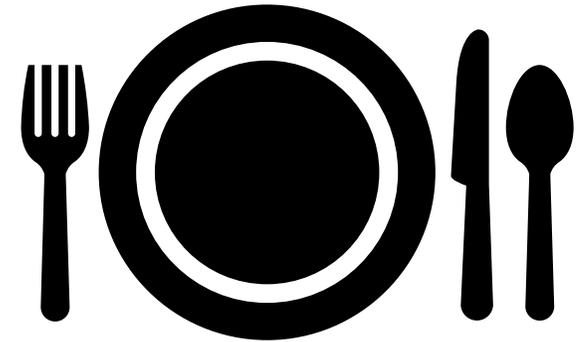
# Barriers To Fueling Independently

- Time
- Financial limitations
- Lack of cooking skills and resources
- Living arrangements
- Sports RD can be creative and supportive for their athletes – your athletes can fuel themselves independently with only a microwave and minifridge
  - Athletes actually prefer “quick-fix foods” and they like to cook when they have time!
- Remember that every athlete is different



# Your Role In Fostering Culinary Independence

- The sports RD is an extremely important resource for the athlete
- Teacher and mentor for proper fueling and culinary independence
- Culinary independence is a life skill – let's help our athletes build good habits



# Redefining The “Kitchen”

- Not all athletes have access to a traditional “kitchen”
- **This is ok!**
- We can easily work around this challenge
- Educate your athletes on what they can make work with a microwave and mini fridge



# Role Of The Training Table

- Multi-purpose environment
  - Fueling
  - Exposure
  - Education
  - Connection
  - Relationship building



**Power Baked Potato**

# Developing Independent Fueling Skills: 5 Things To Keep In Mind

- Anyone can cook!
- Starting simple
- Learn a solid breakfast or pre meal
- It's ok to buy pre-cut items
- Practice and keep an open mind



# Developing Independent Fueling Skills: The Hardware

## Cooking Basics



# Developing Independent Fueling Skills: The Software

- Hand washing
- Have a game plan – this will help athletes be successful
- Seasoning – season high rather than low to spread salt evenly
- Knife skills – do not push the knife straight down, rather slide the blade and let the knife do the work
- Very important to remember and accept that recipes are to be used as a guide and are not set in stone



# Basic Knife Skills For Athletes

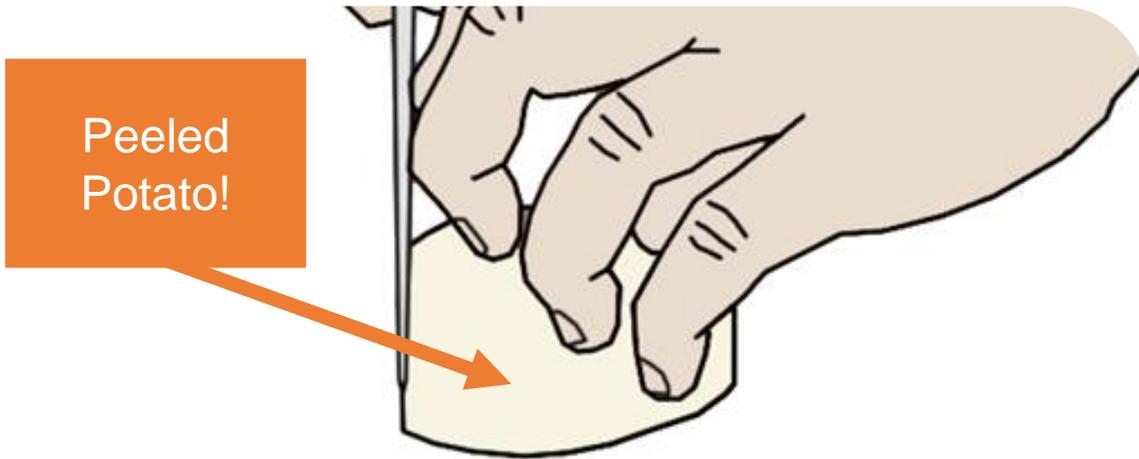


Image: <https://www.autostraddle.com/wp-content/uploads/2016/01/claw.png>

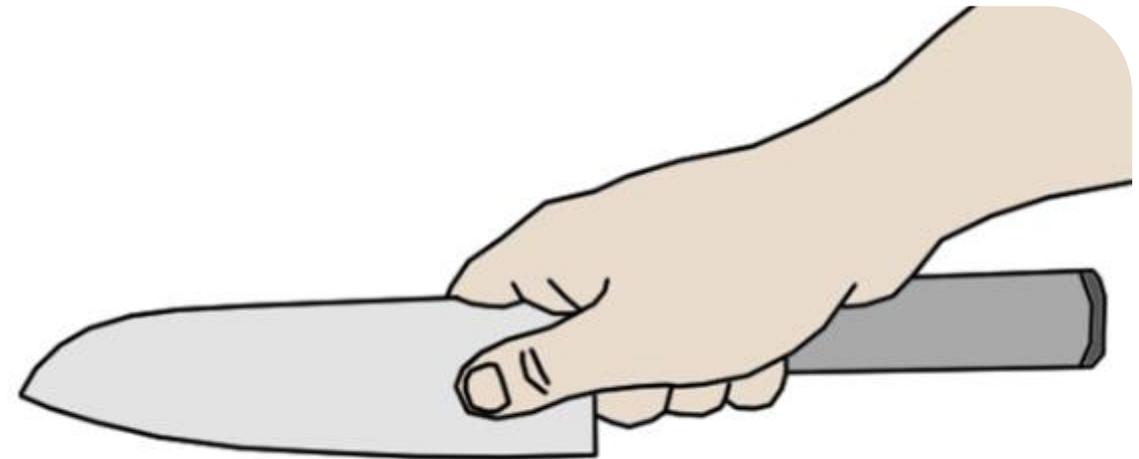


Image: <https://www.autostraddle.com/wp-content/uploads/2016/01/knife-holding-ok.png>

# Culinary Strategy For Independent Fueling

- The Athlete's Performance Plate can help you to guide your athletes' intake and plan their fueling needs, based on how hard they are training
- Harder/longer hour training days require more fuel



# Culinary Strategy For Independent Fueling



Image: <https://www.teamusa.org/-/media/TeamUSA/Nutrition/Athlete-Plates-Moderate-Day-Handout.pdf?la=en&hash=82A7E74EF6EF613DD10EBFEB1AA6ABE8C9BCF2A0>

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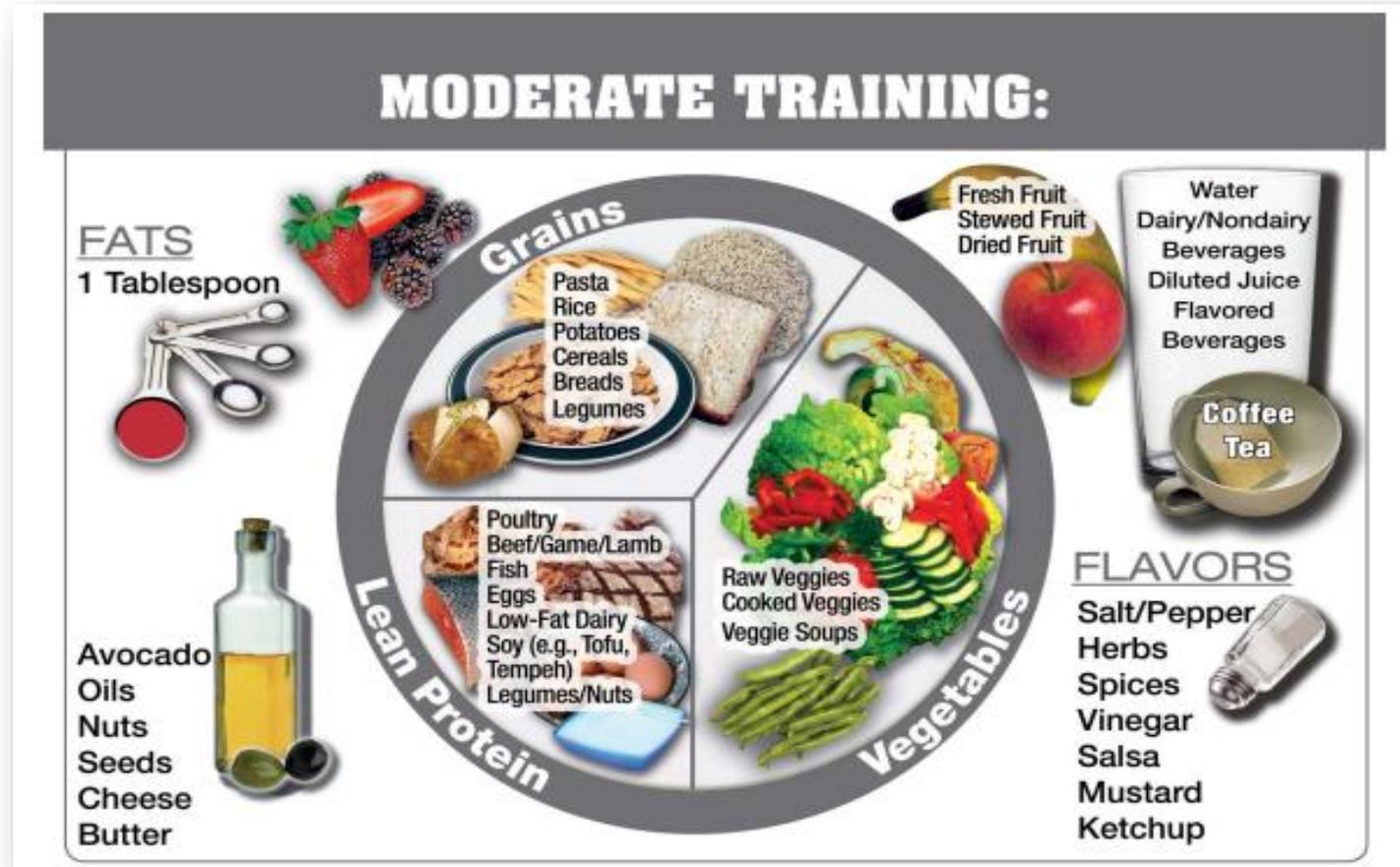


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# Culinary Strategy For Independent Fueling

- Use Rating of Perceived Exertion (RPE) from training sessions and games to help inform the culinary strategy for independent fueling among your athletes

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

Image:  
<https://simplifaster.com/articles/use-rpe-team-sports/>

### Understanding the Rating of Perceived Exertion (RPE) Scale

General Effort Level	% of 1-Repetition Maximum (1RM)	Additional Repetitions Possible
10 Maximal	100% 1RM	0 more reps
9 Near-Maximal	90% 1RM	1-2 more reps
8 Very Hard	80% 1RM	3 more reps
7 Hard	70% 1RM	4 more reps
6 Moderate-Hard	60% 1RM	5 more reps
5 Moderate	50% 1RM	6-7 more reps
4 Moderate	40% 1RM	8-10 more reps
3 Light-Moderate	30% 1RM	11-14 more reps
2 Light	20% 1RM	15-20 more reps
1 Very Light	10% 1RM	21-30 more reps
0 No Effort at all	0-10% 1RM	30+ more reps

The Rating of Perceived Exertion (RPE) scale is used to measure the intensity of your exercise. Our RPE scale runs from 0 – 10.

Can be used with many forms of exercise, including resistance, cardiovascular, & sport.

Session RPE can gauge the intensity of the entire session & Set RPE can gauge the intensity of each set of exercise.

Tracking RPE is a simple, easy way to monitor exercise stress & progression; it can decrease injury risk & improve training response.

Image:  
<https://adamvirgile.com/2018/01/16/measuring-exercise-intensity-using-a-simple-yet-accurate-method-the-rating-of-perceived-exertion-rpe-scale/>

Was this too easy to count as a true work set? YES @5.5

Was this fairly easy like a warm-up weight? YES @6

Was this a borderline warm-up weight? YES @6.5

Was the speed fairly quick like an easy opener? YES @7

Could you have MAYBE done 3 more reps? YES @7.5

Could you have DEFINITELY done 2 more reps? YES @8

Could you have MAYBE done 2 more reps? YES @8.5

Could you have DEFINITELY done 1 more rep? YES @9

Could you have MAYBE done 1 more rep? YES @9.5

RPE for this set was @10 – maximal effort

Image:  
<https://articles.reactivetrainingsystems.com/2015/11/29/beginning-rts/>

# Culinary Strategy For Independent Fueling

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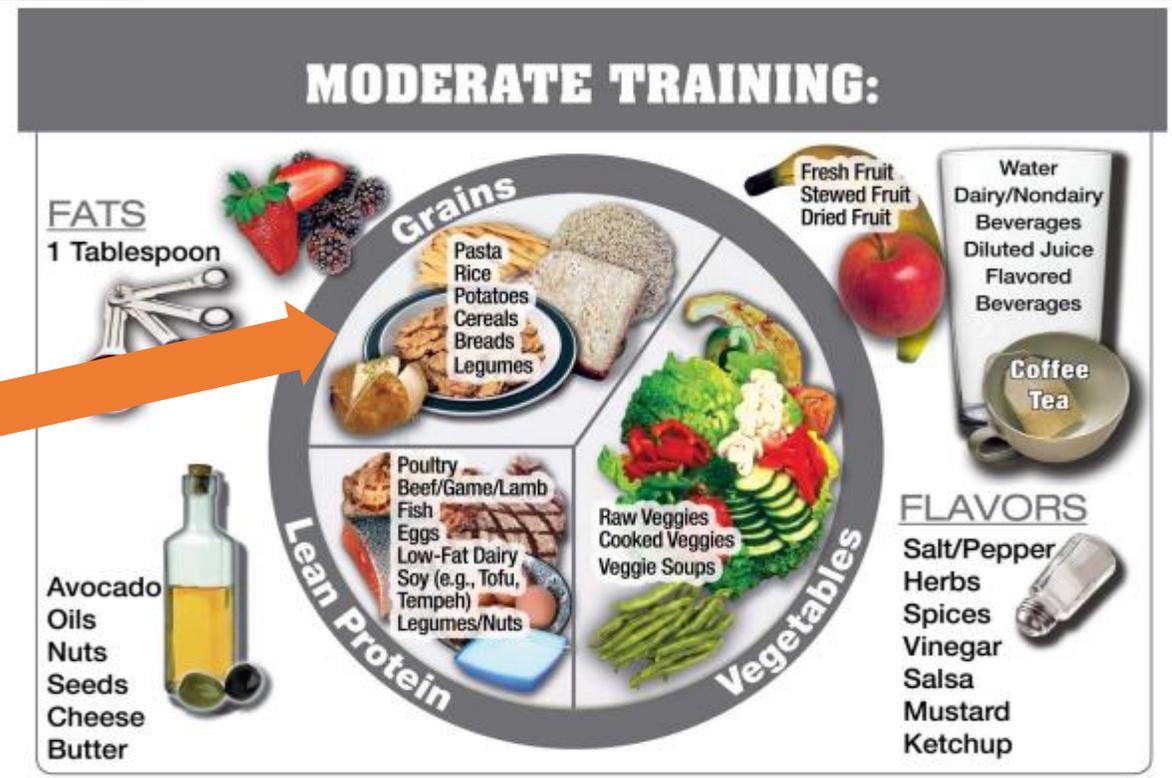


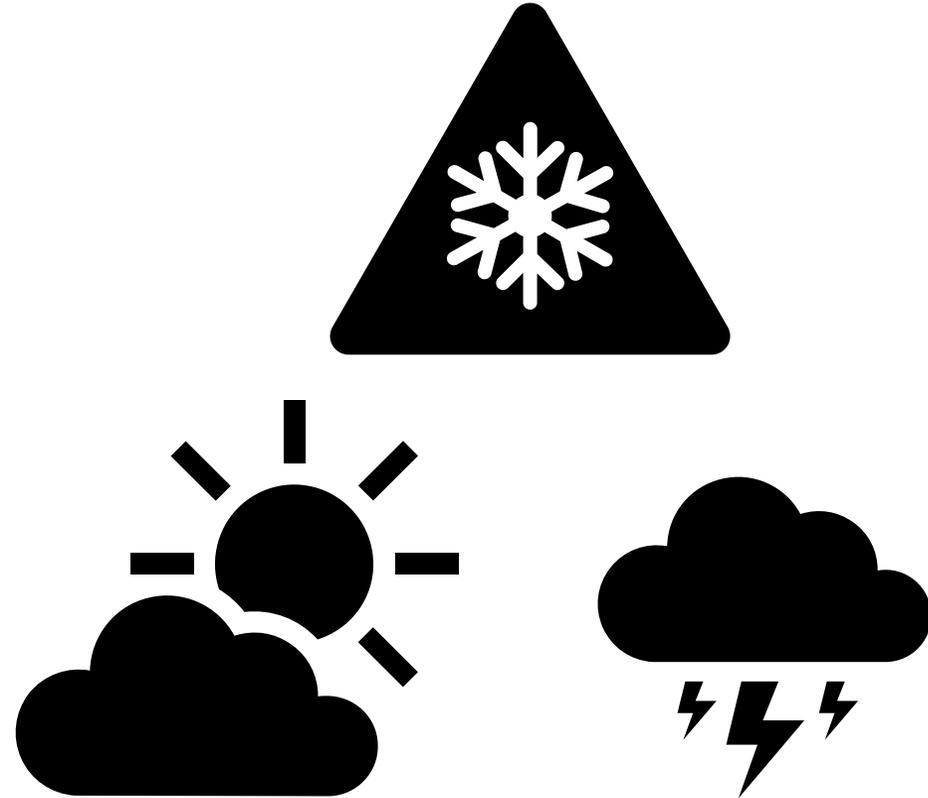
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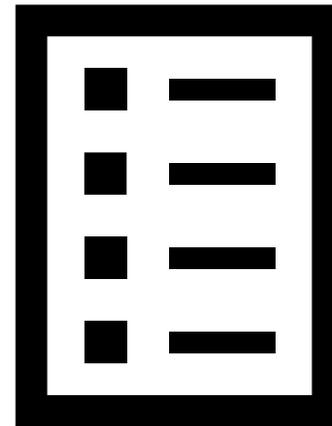
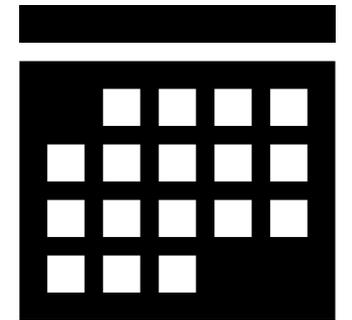
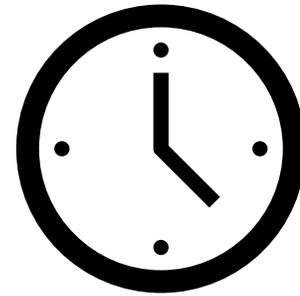
# Fueling Independently: Preseason

- Considerations
  - Sport and weather conditions
  - Training level
- Sports RD led cooking demos
  - Good time to try new things
    - Food Journal
    - More complex recipes



# Fueling Independently: During The Season

- Schedule and timing
- Establishing a routine with the right habits can build the right momentum to keep your athletes feeling and performing at their best
- Quick recipes and snacks



# Fueling Independently: Postseason

- **Prepare:** for the next workout, practice or game
- **Repair:** from the physical activity they just completed
- Consistency of meals, as well as quality and quantity of foods and fluids consumed
- Hydration - players don't feel as thirsty as they might in warmer weather
- Emphasize foods that support a strong immune system, and reinforce adequacy in macronutrient intake as well as intake of the micronutrients and phytonutrients from produce
- Highlight foods that provide comfort



# Fueling Independently: Offseason

- Athlete personal goals
  - Make it about them
- Try new foods
- Check in with your athletes
  - Trust and relationships
- Hydration
- Weight gain
- Weight loss
- Weight maintenance



Oven Potatoes Roasted with Garlic and Herb Oil,  
Served with Fresh Grated Horseradish, Rosemary, and  
Chive Aioli



# Fueling Independently: Traveling Days And Away Games

- Meal prep and planning
- Potatoes for travel days: On-The-Go Potatoes, Zesty Mashed Potato Snackers, Mini Potato Pancakes With Applesauce, Potato Poppers
- Easy to digest, easy to make, portable and convenient



# Smart Shopping Tactics

- Go in with a plan – this will save time and money!
  - Shopping List
    - Produce
    - Beans and Legumes
    - Poultry, Meat, Fish and Shellfish
    - Frozen Foods
    - Healthy Fats
    - Dairy and Eggs
    - Whole Grains, Cereals, Breads, Pastas and Crackers
    - Beverages
    - Condiments and Misc.



# Planning Meals Ahead

- Planning meals ahead works for athletes
- Don't shop for just one item. See example below of how a Mexican style bowl can be made into three other different meals!

Mexican Buddha Bowl	Potato Breakfast Hash	Thai Chicken Burritos	Beet Apple Salad
Potatoes	Potatoes	Potatoes	
Purple cabbage		Purple cabbage	Purple cabbage
Shredded carrots		Shredded carrots	Shredded carrots
Red onion	Red onion	Red onion	Red onion
Bell pepper	Bell pepper	Bell pepper	
Lime		Lime	
Avocado	Avocado	Avocado	
Cilantro		Cilantro	
Garlic	Garlic	Garlic	Garlic
Greek yogurt		Greek yogurt	
Chicken/Tempeh		Chicken/Tempeh	
Black beans		Black beans	
Corn		Corn	
Olive oil	Olive oil	Olive oil	Olive oil
Salt	Salt	Salt	Salt
Pepper	Pepper	Pepper	Pepper
Chili lime seasoning		Chili lime seasoning	
Beet			Beet
Apple			Apple



# Purchasing And Preparing Food In Bulk

- Convenience and price influence shopping decisions
- It is more cost-effective to buy a larger quantity when athletes have the capacity to store more at home
- **With Your Athletes**
  - Compare the “Unit Price”
  - Encourage stocking staple kitchen ingredients
  - Review methods for storing and utilizing leftovers
- **Other Strategies**
  - Do not go to the grocery store hungry
  - Avoid the crowds
  - Visit the store’s website ahead of time
    - Also coupon websites
  - Own a good set of BPA free reusable containers and have zip baggies on hand
  - Utilize seasonal produce

6 OZ LOW FAT YOGURT		32 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE	UNIT PRICE	RETAIL PRICE
\$0.12 per oz.	<b>\$0.72</b>	\$0.05 per oz.	<b>\$1.62</b>
 9 781565 924796		 9 785715 968294	

It looks like the 6oz yogurt is less expensive because it has a cheaper **retail price**. But when you compare **unit price**, you can see that the 32oz yogurt is actually \$0.07 cheaper per ounce.

Image: [https://www.snap4ct.org/uploads/8/1/7/6/81769276/9174170\\_orig.png](https://www.snap4ct.org/uploads/8/1/7/6/81769276/9174170_orig.png)

# Handling And Storing Food Safely

- Food Handling
  - Cross-contamination
- Food Storage



Image: <http://bestdualfuelgenerator.com/wp-content/uploads/2018/03/foodsafety-clean-fridge.jpg>

# Buying And Storing Potatoes

- Look for clean, smooth, firm-texture
- No cuts, bruises, or discoloration
- Store in a cool, well ventilated place
- Perforated plastic bags and paper bags offer best environment to extend shelf-life
- Keep potatoes out of light
- Do not wash before storing
- Keep in dry area - dampness promotes early spoilage
- If there is slight greening, cut away the green portions of the potato skin before cooking and eating



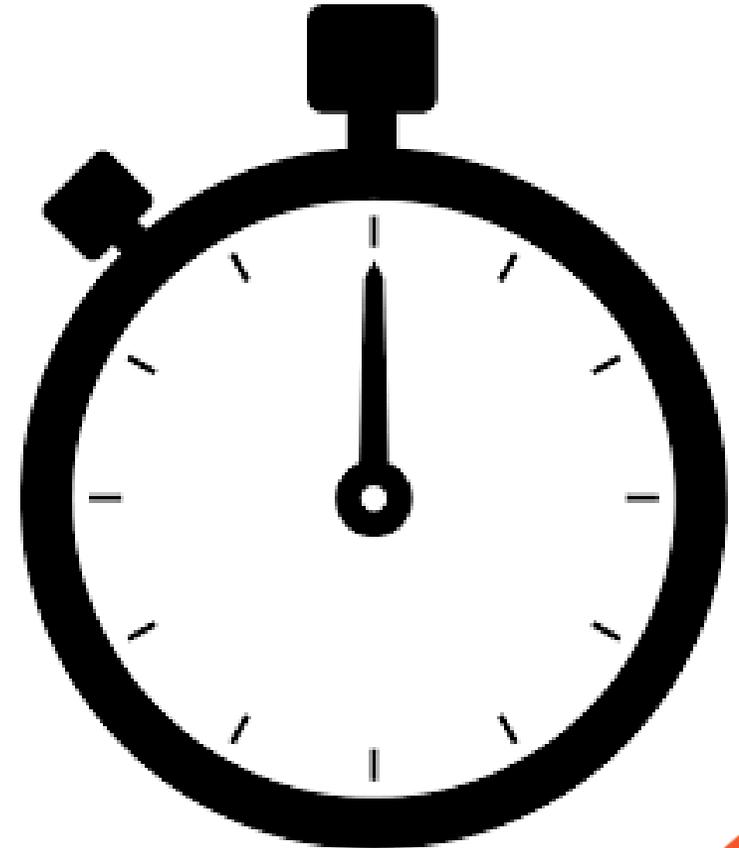
# Performance Nutrition Culinary Hacks

- **Read the recipe!!!**
- **Mise En Place** (Everything in its place)
  - Gather ingredients and necessary materials
    - Set up cutting board
    - Arrange the kitchen for efficiency – example – move the trash can to the side of the cutting board
- Pre-heat the oven
- Plan the prep
  - Read the recipe and note what takes the longest to do
    - i.e. Cooking rice/potatoes/pasta takes time – start these first!



# Performance Nutrition Culinary Hacks

- **Quick Fixes for Timely Processes**
- Potatoes → pre-cook in the microwave, finish in the oven, or use dehydrated potatoes (i.e. flakes)
- Rice → consider opting for instant varieties, or microwave packages
- Pasta → start boiling your water asap when you begin cooking while you prepare other items
- Veggies → choose pre-prepped items when possible
  - Opt for frozen veggies in cooked dishes



# Potatoes In The Microwave

- **Baked**

- Wash the potato
- Prick the potato several times with a fork
- On a microwave safe plate, cook on high for 5 minutes
- Using a towel or oven mitt, turn the potato over and cook for 3 more minutes
- Let the potato cool off for 3-5 minutes
- This potato can be eaten as-is, or diced up to be used in a performance potato salad

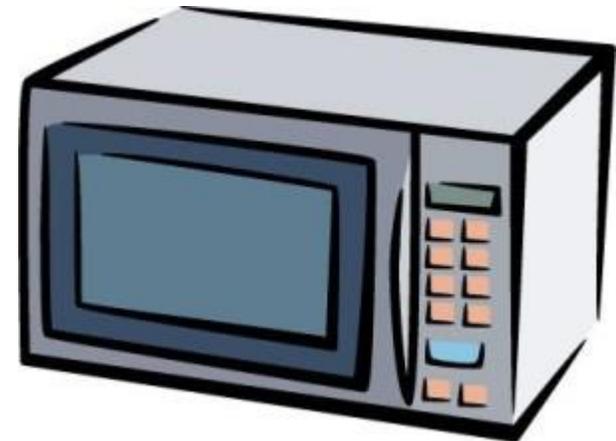
- **Mashed**

- Wash and slice potato into wedges
- In a microwave safe container, cook for 12 minutes on high
- Remove with towel or oven mitt and fluff with a fork
- Add toppings and seasoning

- **Here is a useful resource for how to cook potatoes to share with your athletes:**

<https://www.potatogoodness.com/how-to-cook-potatoes/>

Removes barriers to athletes fueling independently, like time, ease of prep., cost



# Fueling Independently: Performance Recipe Examples To Get Started



# Loaded Potato Flatbread



# Green Up! Potato Smoothie



# Performance Potato Salad



# Potato Mini Dippers With Cilantro Yogurt Sauce

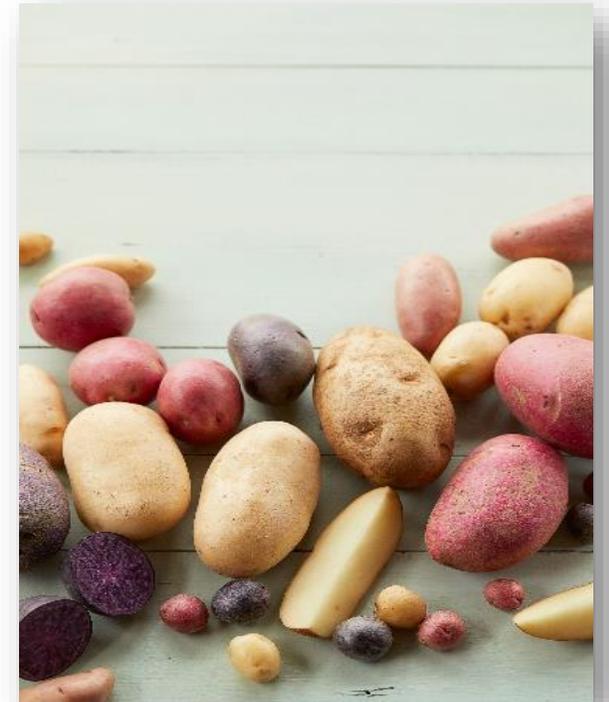


# Sports Nutrition Department Tactics For Fostering Culinary Independence

- Feature a seminar or lecture by a performance dietitian who has a culinary background
- Create an Athletics Department Cookbook/eBook
- Challenge athletes and coaches to convert their favorite traditional recipe to a more performance based dish! - post to social media for chances to win prizes
- Feature a cooking demo where athletes participate in making their own snack or entrée; create a “challenge” or “Top Chef” style contest
- Work with Dining Services to encourage stations where athletes can cook their own food (e.g. waffles, omelets, hash brown power bowl, yogurt parfaits, trail mixes, deli sandwiches, smoothies or salads)
- Create brief online cooking videos (“Tasty” style videos) that teach basic culinary skills
- Send these to your athletes biweekly in Teamworks or your athlete communication tool
- **Materials:**
  - Grocery store maps, sample grocery lists, grocery store tours, or a visual display of a well-balanced shopping cart can teach basic meal planning skills

# Key Takeaways

- Proficiency in fueling independently will help to separate your athletes from their competition
- Appeal to your athletes emotionally and provide opportunities for them to learn how to fuel independently in familiar environments
- Challenge your athletes to do just one independent cooking recipe weekly and be consistent with it
  - They will learn to appreciate and love the process and will gain a better appreciation for how nutrition impacts their performance and recovery
- Potatoes are a great vegetable to help athletes become comfortable with and transition to fueling independently
  - They are an inexpensive whole food source of performance nutrition, easy to prepare and store, and can be used in many familiar ways that athletes will enjoy cooking and eating



# Contact Information

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- LinkedIn: [linkedin.com/in/anthony-j-zamora-rd](https://www.linkedin.com/in/anthony-j-zamora-rd)



# PotatoGoodness.com/nutrition-professionals

## Recipes Resources Potato Nutrition

### POTATOES FUEL PERFORMANCE

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Potatoes have 1.1 mg of iron per serving, which is 6% of the daily value and more than a medium-sized banana (0.6 mg per serving). Iron is essential for oxygen transport and energy production.

**POTATOES FUEL PERFORMANCE**

1 MEDIUM-SIZED SKIN-ON WHITE POTATO (148 G) vs. 1 MEDIUM-SIZED SKIN-ON SWEET POTATO (130 G)

110 CALORIES	100 CALORIES
1 GRAM OF SUGAR	7 GRAMS OF SUGAR
3 GRAMS OF PROTEIN	2 GRAMS OF PROTEIN
0% DAILY VALUE OF VITAMIN A	120% DAILY VALUE OF VITAMIN A
45% DAILY VALUE OF VITAMIN C	50% DAILY VALUE OF VITAMIN C
26 GRAMS OF CARBOHYDRATES	25 GRAMS OF CARBOHYDRATES
620 MG OF POTASSIUM	440 MG OF POTASSIUM
2 GRAMS OF FIBER	4 GRAMS OF FIBER

Learn more at [PotatoesFuelPerformance.com](http://PotatoesFuelPerformance.com)

**Potatoes.** Real Food. Real Performance.™

### RECIPE INSPIRATION

**POTATO ENERGY BITES**

A portable snack made with simple ingredients, and no refined sugars!

### POWER-PACKED POTATO

**FUEL FOR PERFORMANCE**

As an athlete, your muscles depend on high-quality carbohydrates for fuel! Potatoes are nutrient-dense complex carbs and contain key nutrients to elevate health and athletic performance.

**BUILD YOUR POTATO POWER**

Potatoes fuel your performance. A medium-sized potato provides 26 grams of complex carbohydrates.

**POTASSIUM**  
Potassium is an electrolyte lost in sweat. Potatoes have 620 mg of potassium per serving, 15% of the daily value and more than a medium-sized banana, which can help you stay hydrated.

### HASH BROWN POWER BOWL

POWER PACK YOUR PERFORMANCE WITH POTATOES

- POWER PACK YOUR BOWL**  
Build the base of your bowl with hash brown potatoes. A medium (5.3 ounce) skin-on potato provides 26 grams of complex carbohydrates. Carbohydrates are the #1 fuel for your muscles and brain.
- ADD YOUR PROTEIN**  
Choose lean protein for muscle growth, recovery and weight maintenance.  
EGGS OR EGG WHITES    DICED HAM    SHREDDED CHICKEN
- CHOOSE VEGGIES FOR A FUEL BOOST**  
Veggies provide the nutrients to keep you energized and healthy.  
BELL PEPPER    SPINACH    GREEN ONION    TOMATO    RED ONION    MUSHROOMS
- FINISHING TOUCH**  
Add toppings to finish your bowl with added flavor and fuel.  
AVOCADO    SHREDDED CHEESE    BACON

VISIT [POTATOESFUELPERFORMANCE.COM](http://POTATOESFUELPERFORMANCE.COM) FOR MORE MEAL IDEAS!

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# Join Team Potato!

- Join Team Potato and encourage the athletes you know and work with to join Team Potato, too! [TeamPotato.com](https://TeamPotato.com)

## HOW IT WORKS

**1** JOIN THE TEAM

Click to **sign up** and become a Team Potato member.

JOIN THE TEAM

Tag [@PotatoesFuelPerformance](#) and add [#TeamPotato](#) [#Sweepstakes](#) to your post on your social channels.

**2** POST TO SOCIAL

**3** WIN GIFTS & AWARDS



C·P·S·D·A·  
FUELING VICTORY



# Questions?



C·P·S·D·A  
FUELING VICTORY