

Five Commandments to Eating Like an Athlete

I. Eat Breakfast.

Your body needs fuel after fasting all night during sleep. Starting the day with an empty tank will negatively affect your mental and physical performance.

II. Pee clear.

Water is crucial to your health—it makes up sixty percent of your body weight. Dark urine is a sign that you're dehydrated and, especially for athletes, thirst isn't always a reliable indicator of hydration needs. By the time you feel thirsty, you may have already lost one to two percent of your water—and that's enough to hurt performance.

III. Eat more fruits and vegetables.

Athletes need nutrient dense food. Eating fruits and vegetables is the best way to get nutrients you need to perform your best.

IV. Never feel hungry.

The best athletes graze rather than gorge. Eat smaller portions of the right foods all day instead of starving between infrequent large meals.

V. Refuel.

Your body needs fuel immediately after training. Waiting longer than thirty minutes after exercise before refueling is stressful and hinders your body's ability to recharge.