

3 KEYS TO OPTIMAL NUTRITION

BALANCE

Eat from **all** or **most** of the food groups.

Eat the **right amount** for your activity and performance goals.

Feel **satisfied** and **energized** from your eating plan.

QUALITY

Focus on **whole foods**, fewer processed foods.

Choose **more plants**—the more colors, the better.

Aim for foods with **naturally occurring nutrients**.



TIMING

Follow a **regular eating pattern**.

Avoid skipping meals or going too long without eating.

Fuel **before, during, and after** exercise.