

POWER UP WITH POTATOES!

Know Your Nutrients

As an athlete, you know that powering your body with nutrients is important for optimal performance. As a student, you know that it's important to power your brain as well.

Carbohydrates are the primary fuel for brain function and are a key source of energy for muscles.¹ In fact, according to the Mayo Clinic, carbohydrate intake before, during, and after exercise is especially important to help delay fatigue and improve endurance and stamina.² Carbohydrates need to be replenished because the body's own stores of carbohydrates are limited and may be depleted during exercise—even in a single session of intense and/or prolonged exercise.

Potatoes are a good source of carbohydrates and other nutrients. Adequate energy intake supports optimal body functions and it's critical to take in the appropriate number of calories to match the demands of the day, especially while training. A nutritional powerhouse, potatoes are more energy packed than any other popular vegetable.



Raise the Bar at Breakfast

Raise the bar on your breakfast with potatoes. Try the following recipes available at PotatoGoodness.com:

- *Mini Potato and Egg Frittatas*
- *Potato Energy Bites*
- *Post-Workout Buddha Bowl*



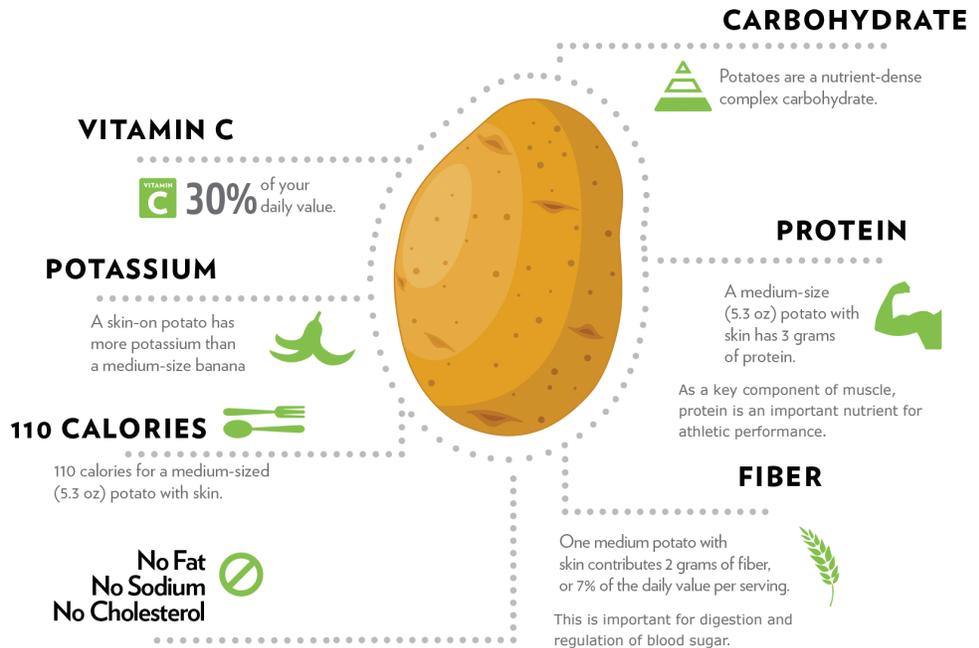
Potatoes. Real Food. Real Performance.[®]
WHAT ARE YOU EATING?



Sources:

1. www.livescience.com/51976-carbohydrates.html
2. www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/carbohydrate-loading/art-20048518
3. <https://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catproblems> and <https://kidshealth.org/en/teens/focused.html?ref=search#catproblems>

Potatoes Fuel Performance



You can also make other choices that help reduce stress and anxiety and support overall health:³

- Get plenty of sleep each night
- Plan regular study and exercise times
- Create a "homework" area to manage your assignments
- Balance your schedule with activity and rest

And don't forget that potatoes are a nutrient-dense energy source!



FOR MORE INFORMATION ABOUT POTATOES AND RECIPES, GO TO
POTATOESFUELPERFORMANCE.COM