

# TIPS FOR FUELING INDEPENDENTLY

Empowering your athletes to build their performance plate on their own can help them elevate their game. **Here are 5 tips to use with your athletes to help them fuel independently!**

## 1 LEARN TO COOK ANYWHERE

Help your athletes redefine what their “kitchen” can look like and be. Begin with the basics:



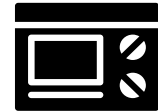
MINI FRIDGE



BLENDER



MICROWAVE OVEN



TOASTER OVEN

## 2 START SIMPLE

You can help your athletes master a few simple recipes to get started!

Visit [PotatoesFuelPerformance.com](https://PotatoesFuelPerformance.com) for easy performance recipes to guide your next cooking demonstration or to inspire your athletes to prepare meals and snacks on their own.

## 3 PRACTICE AND KEEP AN OPEN MIND

Fueling independently should be fun and becomes easier with practice! Try these ideas with your athletes at your next training table:



**SNACK MIX**  
Combine dried fruits, nuts, seeds, dark chocolate, granola, cereals and potato-based snack foods (e.g. crispy potato shreds) in a plastic lunch baggy.



**EGGS & POTATOES**  
How do your athletes like their eggs? Scrambled, over easy, hard boiled? Fresh or frozen potatoes in all forms pair perfectly with all types of eggs and is an easy dish to practice.



**TOAST WITH A TWIST**  
Top toast, including potato toast (just thinly slice potatoes and place in toaster oven at 400°F for 25 minutes), with hummus, avocado, tomatoes and crumbled cheese.

## 4 PRE-PREPARED SAVES TIME AND ENERGY

Encourage your athletes to use these time and energy-saving fueling staples:



**PRE-SEASONED MICROWAYABLE POTATOES**



**FROZEN, PRE-DICED POTATOES**



**DEHYDRATED POTATO FLAKES**

## 5 CULINARY SKILLS ARE LIFE SKILLS

Educate your athletes about the importance of gaining culinary skills to benefit their performance now and to promote lifelong health habits.

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## WHY POTATOES POWER PERFORMANCE

### POTATOES ARE...\*



**A whole food source** of potassium (620 mg; 15% daily value), vitamin C (27 mg; 30% daily value) and energy (110 calories) that your athletes need to perform their best.

**A nutrient-dense complex carbohydrate** and perfect for creative fueling. Carbohydrate is the primary fuel for the brain and a key source of energy for muscles.<sup>1</sup>



**A low-cost performance vegetable** and provides 3 g (6% daily value) of plant-based protein.

**A time-saver.** They're a quick and affordable addition to pre- or post-performance shakes. They can be cooked in the microwave and extend various meals.



**Found in several forms** to meet various needs (dehydrated, frozen, fresh, etc.), there's a potato option to fuel your athlete's body and brain throughout the day.

**Perfect for athletes.** They're easy to store, easy to practice cooking with, convenient, portable, tasty and well-liked by athletes.



## Potatoes.

Real Food. Real Performance.®

\*One medium (5.3 oz.) skin-on potato.

The guidance provided in this handout should not be generalized to other populations, skill levels, sport types, or training amounts and the individual's nutrition and health goals should always be considered.

<sup>1</sup>Thomas DT, et al. 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):501-528.