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FUELING WITH FAST FOOD

Eating fast food is a part of every high school athlete's life at some level, but the key is to learn to make better choices when in the drive-thru lane. Fries and a milkshake are fine every once in a while, but they are not ideal fuel for every day. If athletes want to perform at the highest level, they need to fuel their bodies with high-quality food as often as possible.

The 80/20 Rule

- The 80/20 Rule is a great rule of thumb for athletes to try to eat by! It helps create balance by fueling the body with nutrient-rich foods the majority of the time, while still making room for athlete-favorites that might not be as nutritious in nature.
- **80%** of the time, focus on fueling your body with nutritious foods like whole grains, lean proteins, fruits, veggies, good fat, and dairy foods.
- **20%** of the time you can consume foods that are less nutritious such as fried foods, desserts, baked goods, and sugar-sweetened beverages.



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The Fast Food Dilemma

- Many fast food restaurant meals have a lot of saturated fat, added sugar, and calories.
- Many of the menu options are less nutritious because they lack fruits and vegetables.
- Many menu options don't have whole grain options for breads and buns.
- Many foods are fried rather than grilled or baked.
- While fast food provides calories, it often lacks important nutrients for fueling performance and enhancing recovery.

The Fast Food Solution

- Choose whole grain breads and breakfast sandwiches where possible.
- Choose grilled meat instead of fried.
- Add veggies to sandwiches, wraps, and burgers.
- Get a side of fruit instead of fries.
- Try a salad instead of chips.
- Add veggies to a pizza.
- Drink water or milk instead of soda or other sugar-sweetened beverages.



INSTEAD OF THIS:	CHOOSE THIS:
French Fries	Fruit cup
Fried cheese sticks	Side Salad
Mayonnaise	Mustard or ketchup
Croissant or roll	Wheat or whole grain bread
Biscuit	English muffin
Fried chicken sandwich	Grilled chicken sandwich or wrap
Creamy salad dressing	Balsamic vinaigrette
Bacon	Lettuce and tomato
Ice cream or milkshake	Yogurt parfait
Soda	Water, milk, or chocolate milk