

EAT RIGHT!

Healthy food fuels your body so you have energy for everything you do, including sports.

WHAT'S THE SECRET?

It's not just what you eat and drink before a game. Train year-round by eating a balanced diet every day.

ALL-STAR TIP

Eat a variety of foods, including fruits, vegetables, whole grains (brown rice, oatmeal, 100% whole-wheat bread), lean meats, and other sources of protein (eggs, nuts, beans).

EAT-RIGHT FACT

Many NBA and WNBA players work with nutrition experts because they want to eat foods that will power their performance on the court. Their fave meals? Oatmeal waffles, pasta with chicken, and peanut butter bagel sandwiches!



For more fitness tips from the pros, visit
nba.com/nbafit

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