

# Foundations of Nutrition and Fueling

## Nutrition Starts With the Basics

Nutrition supports your energy, recovery, mood, and performance. Many people jump to optimizing macros or specific rules before they are eating enough, eating regularly, or keeping their home stocked. The foundation is built on quantity, quality, and consistency.

**What Healthy Nutrition Looks Like;** Think of your food routine as something that should support your life, not complicate it.

- 1 Regular Meals:** Eating at predictable times stabilizes your energy and prevents fatigue or overeating later.
- 2 Balanced Plates:** Vegetables, fruit, protein, whole grains, and healthy fats make up the core building blocks.
- 3 A Stocked Kitchen:** Grocery shopping and basic meal prep create the environment you need to make supportive choices. Without food available, consistency becomes impossible.
- 4 Hydration:** Water supports digestion, focus, physical performance, and recovery.
- 5 Fueling Around Activity:** On days with higher activity, your body needs more carbohydrates and protein. Fueling well reduces soreness, supports strength, and improves performance.



## PUBLIC WELLNESS PROJECT

**Some routines/habits that serve as tools for success with nutrition and fueling:**

- . Meal prepping or planning ahead
- . Eating at regular times
- . Keeping healthy snacks on hand (e.g., fruit, nuts, protein bars)
- . Tracking food or water (apps, journals, reminders)
- . Grocery shopping routines (e.g., same day each week)
- . Cooking meals at home
- . Eating with others or during structured parts of the day
- . Aiming for fruits and vegetables at most meals
- . Setting caffeine cut-off times
- . Prioritizing protein at meals



### **Why This Matters**

**When your nutrition stabilizes, your energy stabilizes. Recovery improves, fatigue drops, and the rest of your health habits become easier to maintain.**