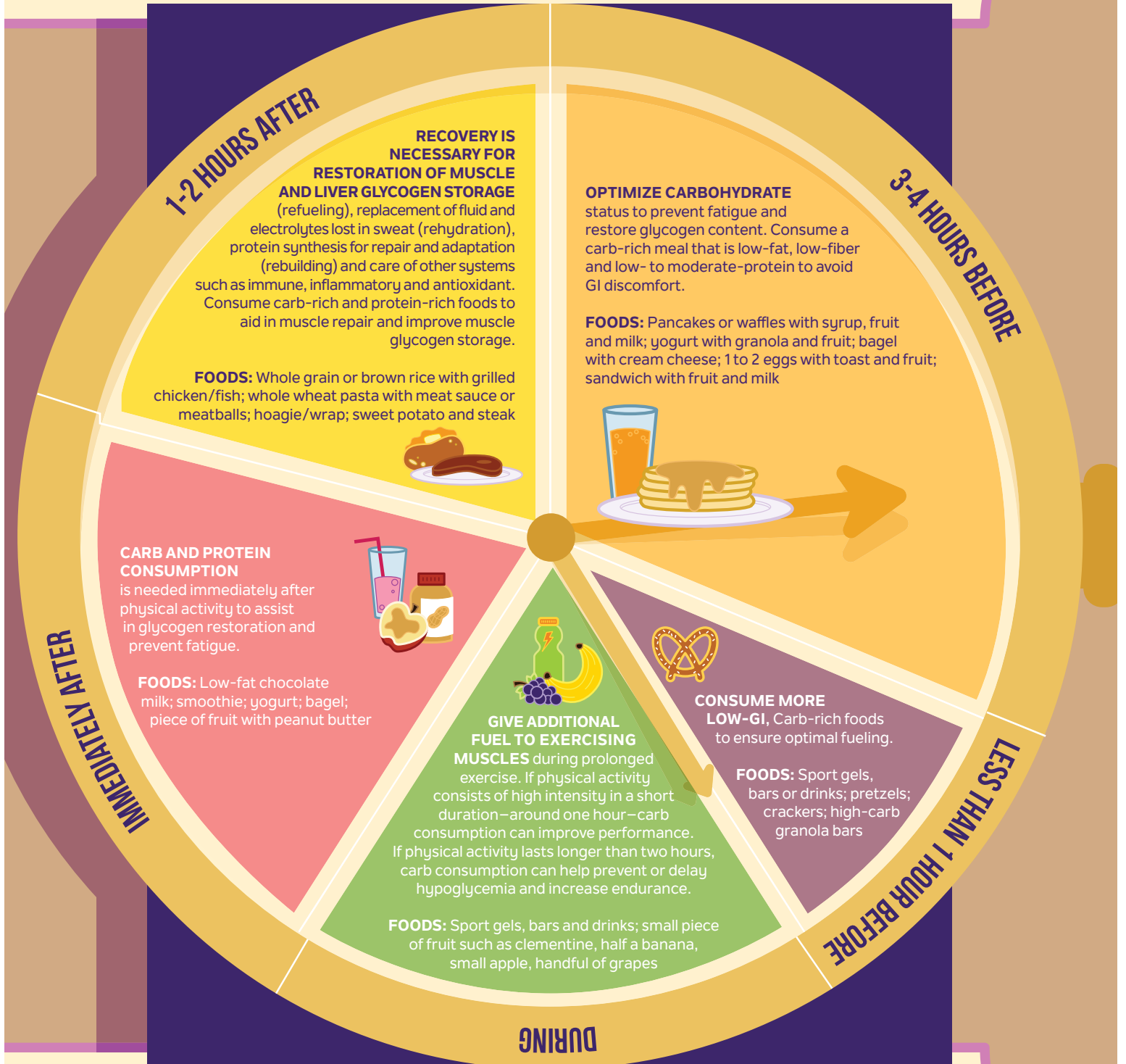


# CLOCKING NUTRITION

Timing is everything, even when it comes to nutrition. Consuming the proper foods at the right time will help with endurance and performance during workouts, practices and games.



**Sources:** SCAN, "Clinical Sports Nutrition" 5th edition, "Sports Nutrition: An Introduction to Energy Production and Performance," Journal of the International Society of Sports Nutrition

**Contributors:** Jennifer Doane, MS, RDN, CSSD, ATC, and Allison Vinciguerra, MS

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