

# Train smart, eat smarter: power up with plants!



**Choose complete plant proteins: Build strength and recover faster**  
Look for proteins that contain all 9 essential amino acids, like quinoa, soy, and smart combos like lentils + oats.

- ✔ Supports muscle growth
- ✔ Plant-based power
- ✔ Great after training sessions



## Did You Know?



When you pair lentils and oats, they complement each other's amino acid profiles. That's teamwork!

**Fuel with protein + energy: Stay strong throughout your workout**  
Oats, quinoa, and other complex carbs provide long-lasting energy and help your body recover from exercise.

- ✔ No sugar crash
- ✔ Keeps you full and focused
- ✔ Helps maintain energy over time

## Did You Know?



Many Olympic athletes eat oats or quinoa before competitions, they're light, digestible, and powerful!

**Eat iron-rich foods for endurance: More oxygen = more energy!**  
Foods like lentils, tofu, and chickpeas are packed with iron, essential for carrying oxygen in your blood.

- ✔ Boosts stamina
- ✔ Helps prevent fatigue
- ✔ Perfect for young athletes



## Did You Know?

Eating vitamin C (like oranges or bell peppers) with iron-rich foods helps your body absorb more iron!

## Final Athlete Tip

Your body is your engine. Fuel it with the right foods, and it'll carry you to the finish line (with a smile)!



Co-funded by  
the European Union