

# FUELING BEFORE EXERCISE

## INSTRUCTIONS

Select which items you would consume **BEFORE** participating in moderate to high levels of physical activity then click the **CONSUME ITEMS** button.

## CURRENT HEALTH STATS

Should there some stats about the player's health? How long they've been exercising, or lbs lost from sweating or something so they can make appropriate hydration choices?

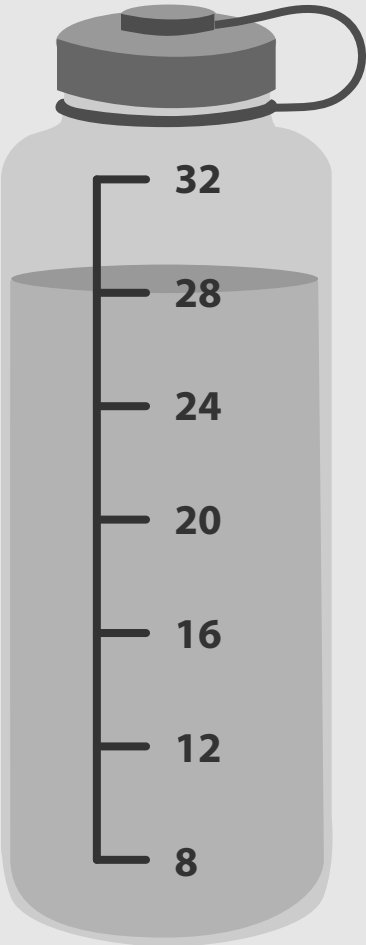
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|--|--|--|--|
| <div><div></div><div>FOOD NAME</div></div> | <div><div></div><div>FOOD NAME</div></div> | <div><div></div><div>FOOD NAME</div></div> | <div><div></div><div>FOOD NAME</div></div> |
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WATER

+

28 oz



Happy with your choices?  
Click the button below!

EAT ALL THE THINGS

# FUELING AFTER EXERCISE

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Select which items you would consume **AFTER** participating in moderate to high levels of physical activity then click the **CONSUME ITEMS** button.

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| Nutrition Facts  |           |                      |                |
|--|-----------|----------------------|----------------|
| Serving Size 2/3 cup (55g)   |           |                      |                |
| Servings Per Container About 8   |           |                      |                |
|  |           |                      |                |
| Amount Per Serving   |           |                      |                |
| <b>Calories</b>  | 230       | Calories from Fat 40 |                |
|  |           |                      |                |
|  |           |                      | % Daily Value* |
| <b>Total Fat</b>   | 8g        |                      | <b>12%</b>     |
| Saturated Fat  | 1g        |                      | <b>5%</b>      |
| Trans Fat  | 0g        |                      |                |
| <b>Cholesterol</b>   | 0mg       |                      | <b>0%</b>      |
| <b>Sodium</b>  | 160mg     |                      | <b>7%</b>      |
| <b>Total Carbohydrate</b>  | 37g       |                      | <b>12%</b>     |
| Dietary Fiber  | 4g        |                      | <b>16%</b>     |
| Sugars   | 1g        |                      |                |
| <b>Protein</b>   | 3g        |                      |                |
|  |           |                      |                |
| Vitamin A  |           |                      | 10%            |
| Vitamin C  |           |                      | 8%             |
| Calcium  |           |                      | 20%            |
| Iron   |           |                      | 45%            |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. |           |                      |                |
|  | Calories: | 2,000                | 2,500          |
| Total Fat  | Less than | 65g                  | 80g            |
| Sat Fat  | Less than | 20g                  | 25g            |
| Cholesterol  | Less than | 300mg                | 300mg          |
| Sodium   | Less than | 2,400mg              | 2,400mg        |
| Total Carbohydrate   |           | 300g                 | 375g           |
| Dietary Fiber  |           | 25g                  | 30g            |

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

### Amount Per Serving

**Calories** 230      Calories from Fat 40

% Daily Value\*

**Total Fat** 8g **12%**

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|                  |           |
|------------------|-----------|
| Saturated Fat 1g | <b>5%</b> |
|------------------|-----------|

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*Trans* Fat 0g

|                    |     |           |
|--------------------|-----|-----------|
| <b>Cholesterol</b> | 0mg | <b>0%</b> |
|--------------------|-----|-----------|

**Sodium** 160mg **7%**

|                           |     |            |
|---------------------------|-----|------------|
| <b>Total Carbohydrate</b> | 37g | <b>12%</b> |
|---------------------------|-----|------------|

|                  |            |
|------------------|------------|
| Dietary Fiber 4g | <b>16%</b> |
|------------------|------------|

Sugars 1g

---

**Protein** 3g

|           |     |
|-----------|-----|
| Vitamin A | 10% |
|-----------|-----|

|           |    |
|-----------|----|
| Vitamin C | 8% |
|-----------|----|

|         |     |
|---------|-----|
| Calcium | 20% |
|---------|-----|

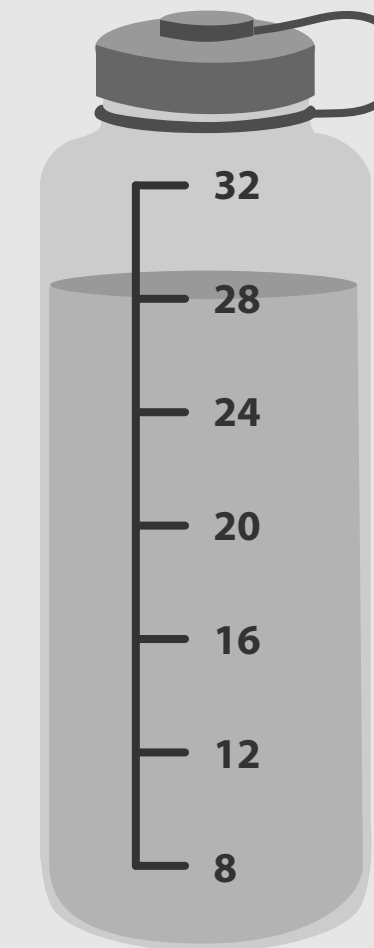
|      |     |
|------|-----|
| Iron | 45% |
|------|-----|

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value may be higher or lower depending on  
your calorie needs.

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

**FOOD NAME**

**WATER**  
28 oz



Happy with your choices?  
Click the button below!

## CONSUME ITEMS

# FUELING DURING EXERCISE

## NUTRITION FEEDBACK KEY



Great



Okay



Poor



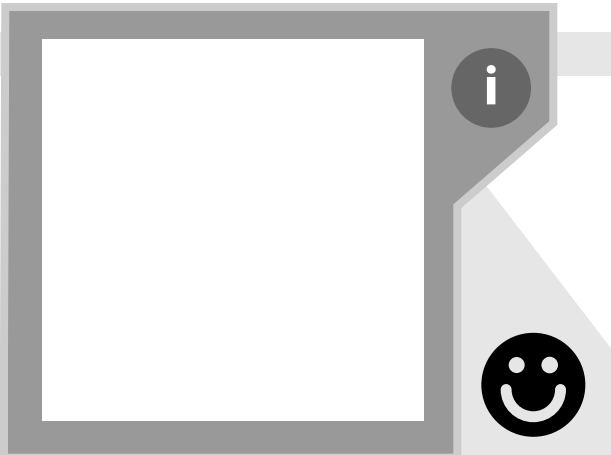
### OVERALL QUALITY

Good job! Overall you made healthy choices.



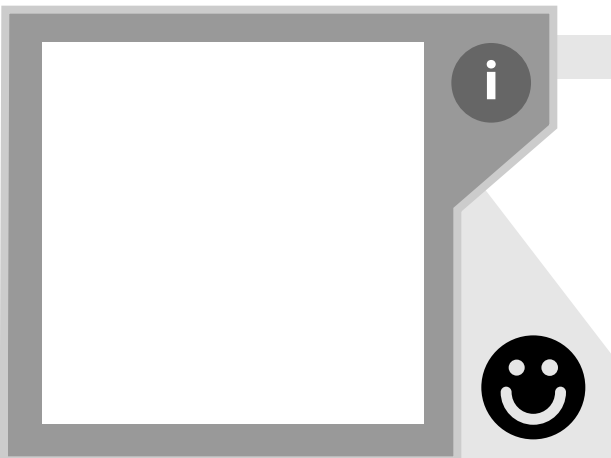
### QUANTITY OF FOOD

Uh oh. You ate too much food. Eating too much during exercise may cause you to blah blah blah.



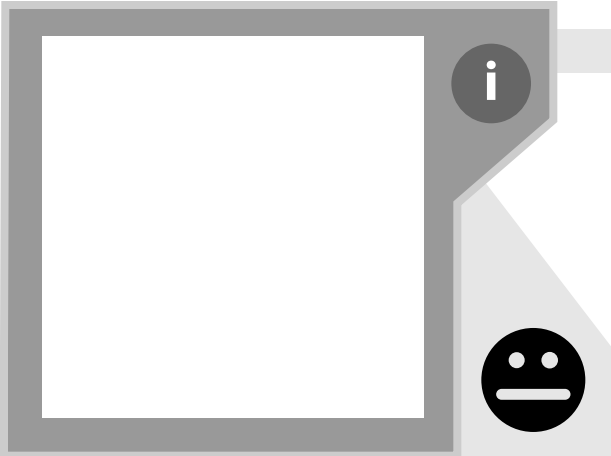
#### FOOD NAME

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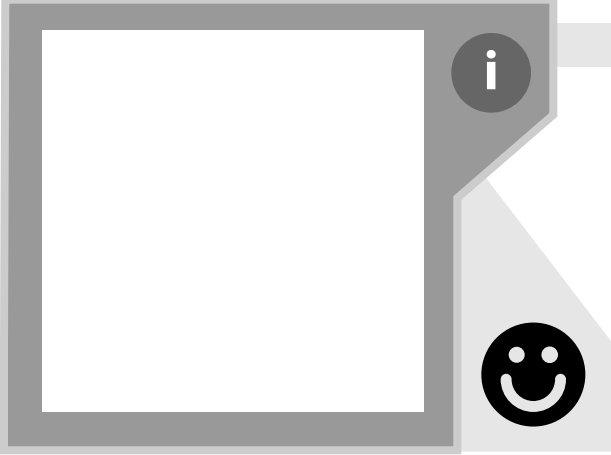
#### FOOD NAME

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#### FOOD NAME

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#### FOOD NAME

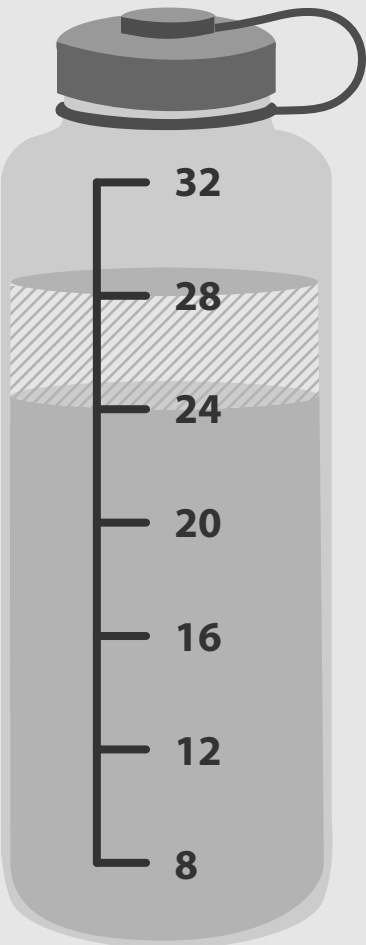
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CLICK TO VIEW MORE OF YOUR CHOICES

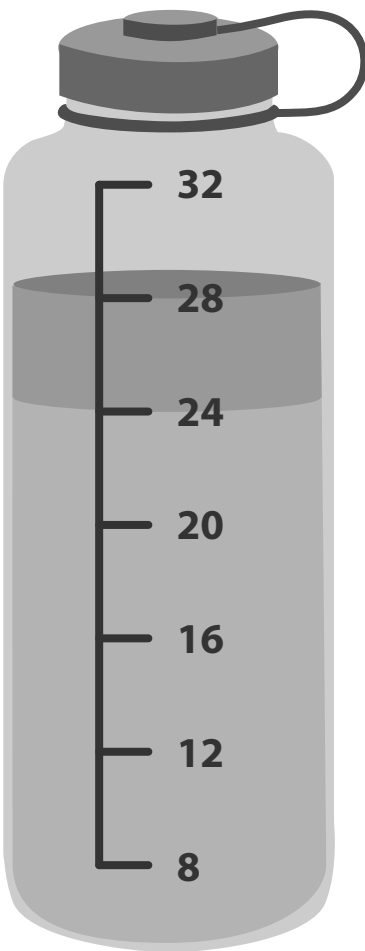


WATER  
28 oz



← TOO MUCH

NOT ENOUGH →



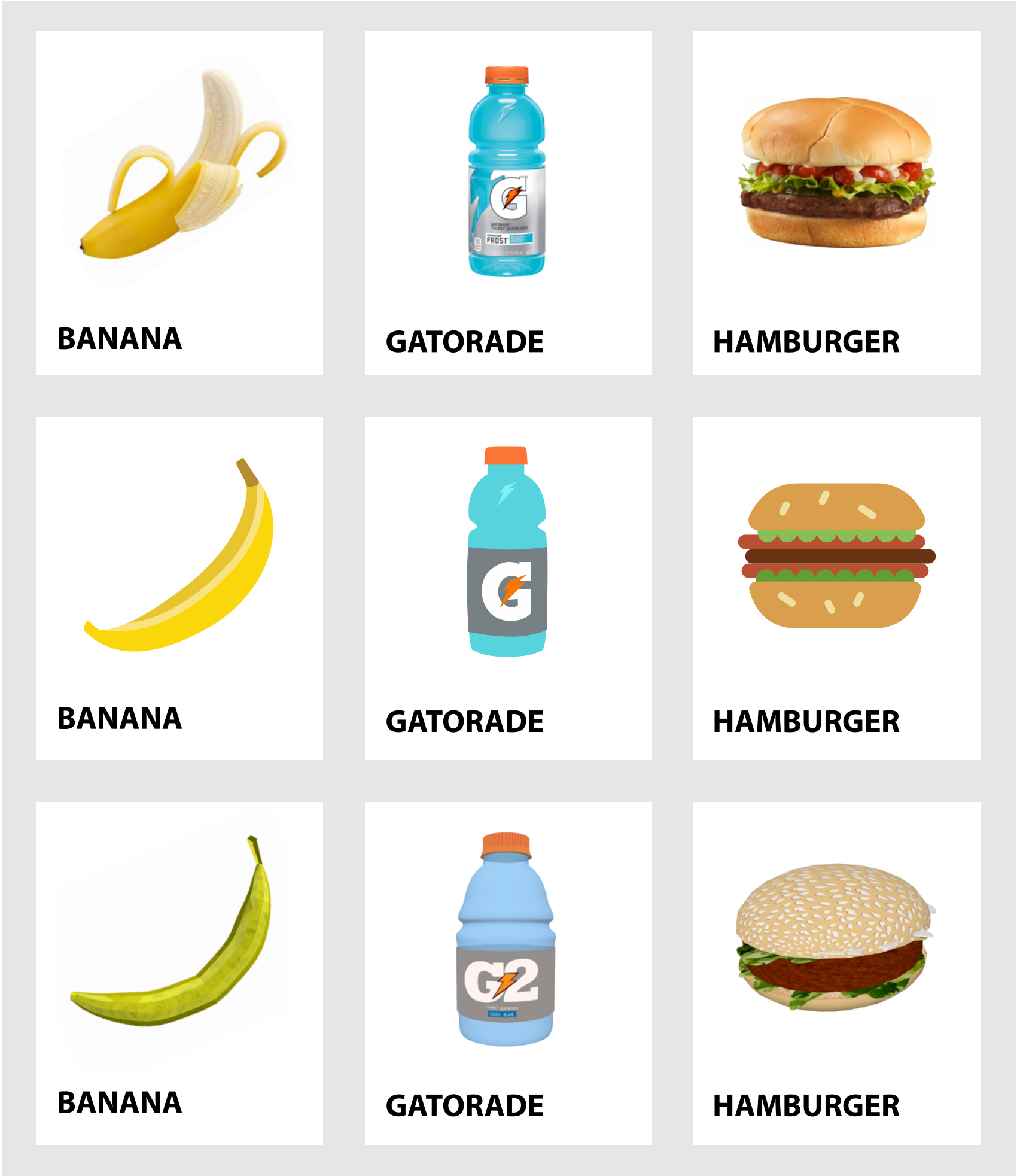
### OVER HYDRATED!

Drinking too many fluids will affect you in some adverse way... Blah, blah, blah more words and such.

RESUME RACE

Maybe keep "Over hydrated" and move more in depth text into Info button?

# GRAPHICS OPTIONS FOR FOOD DISPLAY



Photographs

Icons

3D Models