A peek inside POPPY’s

Re-charge

- Foods that fall under the “re-charge” category are rich in carbohydrates; with special attention given to quality (complex) carbohydrates; special attention given to whole grains.
- Items in this category may also serve as “mini-meals”.
- Important for athletes and active individuals to consider foods rich in carbohydrates to fuel and re-charge.

Re-plenish

- The “re-plenish” category is one that focuses primarily on beverages, but also includes some foods which may be considered as a means of replenishing.
- “Re-plenish” refers primarily to replenishing fluids, electrolytes, and mineral losses.
- Depending on your sport and nutrition goals, some beverages are great sources for replenishing fluids, carbohydrate (glycogen), protein, electrolytes, and minerals. An example of this, is milk, regular or chocolate. Refer to the individual item criterion for more information.

Re-build

- The “Re-build” category is one that focuses on protein and amino acids (essential and non-essential). This category is one that includes a more diverse mix of both food and beverages.
- This category considers protein as an important component for repairing and rebuilding muscle fibers post activity.
- Nutrition for sport should be considered a cycle of fueling, then refueling, fueling, then refueling. Protein, along with carbohydrate, is an important component of the refueling or post activity phase of an athlete’s nutrition plan whereas carbohydrates are considered more during the fueling (pre- and during-) phases, to provide energy for activity.

Re-joice

- This category which has been defined as “re-joice” is one that includes snack items and demonstrates that healthy snacking as an option in any individual’s eating plan. This category includes healthier snacking options as well as those which are not as nutrient-rich.
- We’ve made snacking fun by defining it as a time to re-joice. These snacks might not necessarily equate to a meal or be celebrated for their nutrient punch, but can be enjoyed as a snack without the concern for derail- ing nutrition goals. It’s all about moderation!
Combo Meals—Nutrient Labeling

Nutrient labeling highlights the benefits of a combo meal. Nutrient labeling highlights menu items within combos that fulfill one or more sports-focused nutrient criteria [total of five (5)].

Food or beverages rich in protein. Rich in protein items have 5 or more grams of protein per serving.

Food or beverages rich in carbohydrates. Items that are rich in carbohydrates have 30 grams or more of carbohydrates per serving.

Food or beverages that contain heart healthy fats (fatty acids). Menu items are labeled if they contain healthy fats, which are the unsaturated fats, with special focus on foods that contain monounsaturated (MUFA) and polyunsaturated (PUFA) fatty acids. This category also includes items which contain no trans-fats per serving; are low in saturated fat (1g per serving); and meet the criteria for total fat (no more that 20-30% of calories per serving). This category promotes items containing a healthy range of fat, as fat is an essential component of any eating plan and should not be neglected. While items that are low in fat or are non-fat, are good, this category is not limited to just those items, it promotes the healthy fat and healthy ratio of fat in foods.

The symbol of the orange slice indicates items that are rich in vitamins and minerals. This category highlights food and beverages that are, for example, items that are good sources of iron, calcium, and/or Vitamin C. This category includes items that are rich in antioxidants and electrolytes.

The water bottle logo refers to fluids only. This label focuses on fluids for good replenishment. A good replenishing fluid is one that contains at least 70mg of sodium and 10-18 grams of carbohydrate per 8oz serving. As mentioned previously (see “re-build”), fluids such as chocolate milk are also good for replenishing fluid, as well as protein and carbohydrates. Fluid replenishment is not limited to just the sport fluids, such as PowerAde.