



ATHLETE'S GUIDE TO WINTER PRODUCE



Athlete's Guide to Winter Produce

A performance-focused guide on nutrition and preparation of select fruits and vegetables in season during winter.

GREENS

About

Nutrition

Prep Ideas



Brussels sprouts

Cruciferous veggie that grows on stalks

- High in Vitamins C & K
- Rich in antioxidants
- Good source of fiber

- Shave into salad
- Roast with grapes
- Add to stir fries
- Sauté with garlic



Kale

Fibrous leafy green originally from Mediterranean

- High in Vitamins A & K
- Rich in antioxidants
- Source of calcium

- Use in salad
- Cook into soups
- Bake into chips
- Blend into a pesto



Broccoli

Buds and stalks usually eaten from this cruciferous veggie

- High in Vitamins A & C
- Rich in antioxidants
- Source of folate

- Roast until crisp
- Sauté with chicken
- Blend into soup
- Dip into hummus



Cabbage

Another cruciferous veggie made of tightly packed leaves

- High in Vitamins C & K
- Rich in antioxidants
- Source of fiber

- Chop into slaw
- Shred into salad
- Roast until tender
- Add to stir fries



Collard greens

Hardy leaves popular in Southern cuisine

- High in Vitamins A & K
- Rich in antioxidants
- Source of calcium

- Braise with pork
- Cook into stew
- Sauté with garlic
- Use as a wrap

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ROOTS

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Beets

Richly colored, nutritious roots and greens from Mediterranean

- High in nitrates
- Rich in antioxidants
- Good source of fiber

- Bake low and slow
- Roast with potatoes
- Shave into salad
- Press into juice

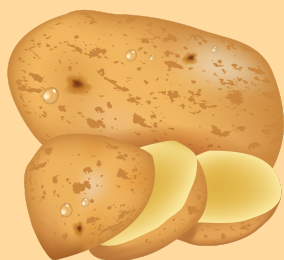


Carrots

Slender, slightly sweet veggie that comes in several colors

- High in beta-carotene
- Rich in antioxidants
- Source of potassium

- Roast with ginger
- Shred into pancakes
- Add to stir fries
- Cook into soups

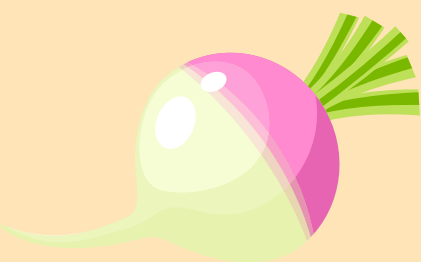


Potatoes

Highly versatile, energy rich veggie originally from Peru

- Contains B Vitamins
- Rich in carbohydrates
- High in potassium

- Bake into fries
- Roast whole
- Mash with garlic
- Purée into soup



Turnips

Cruciferous veggie that is pungent when raw and sweet when cooked

- Source of Vitamin C
- Rich in fiber
- Source of potassium

- Roast with carrots
- Cook into soups
- Add to salads
- Mash with potatoes



Ginger

Aromatic and versatile rhizome native to Asia

- Anti-inflammatory
- Supports immunity
- Rich in antioxidants

- Add to stir fries
- Press into juice
- Cook into soups
- Use in dressings

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SQUASH

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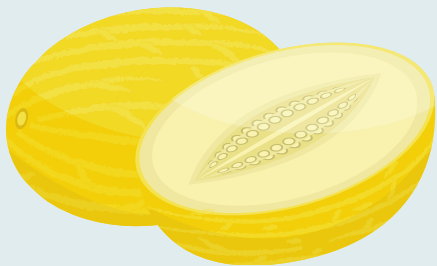


Butternut

Orange and dense flesh with sweet, nutty flavor

- High in Vitamin A
- Rich in potassium
- Good source of fiber

- Roast with spices
- Purée into soup
- Mash with garlic
- Cook & use in salads



Spaghetti

Yellow flesh that becomes stringy after cooking

- Low in calories
- Source of fiber
- Contains antioxidants

- Halve, cook & scrape
- Cube and roast
- Add to soups
- Use in place of pasta



Acorn

Smaller squash with tough green skin and yellow flesh

- Source of Vitamin C
- Source of fiber
- Contains antioxidants

- Roast in wedges
- Stuff and bake
- Purée into soup
- Bake with cinnamon



Kabocha

Sweet, golden fleshed squash originally from Japan

- Rich in Vitamin C
- Source of fiber
- Rich in potassium

- Purée into soup
- Use in fritters
- Roast with spices
- Mash with garlic



Delicata

Unlike other winter squash, delicata has thin, edible skin

- Source of fiber
- Rich in potassium
- Contains antioxidants

- Slice and roast
- Stuff and bake
- Cook & use in salads
- Purée into soup

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TROPICAL

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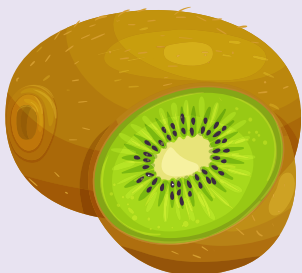


Citrus

Oranges, grapefruit, lemons, limes, pomelo & more

- High in Vitamin C
- Rich in antioxidants
- Source of fiber

- Segment and enjoy
- Add to salads
- Use in dressings
- Press into juice



Kiwi

Sweet-tart green flesh with fuzzy, edible brown skin

- High in Vitamin C
- Source of fiber
- Rich in potassium

- Scoop and enjoy
- Add slices to yogurt
- Blend into smoothies
- Use in fruit salads

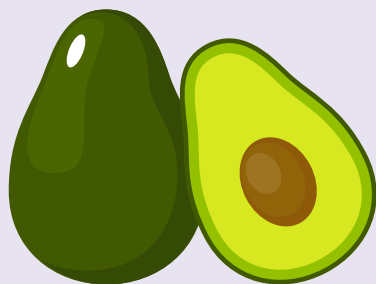


Bananas

Sweet and soft fleshed fruit native to South East Asia

- Rich in carbohydrates
- Source of potassium
- Contains antioxidants

- Add slices to oats
- Blend into smoothies
- Freeze into sorbet
- Add to pancakes



Avocado

Creamy, savory fleshed fruit native to Mexico

- Rich in unsaturated fat
- Source of fiber
- Rich in antioxidants

- Mash into guac
- Top a bowl of chili
- Use in salads
- Purée into dressing



Starfruit

Yellow sweet-tart flesh and delicate, edible skin

- Source of fiber
- Rich in Vitamin C
- Contains antioxidants

- Slice and enjoy
- Eat with yogurt
- Use in fruit salads
- Blend into smoothies