

Eating Healthy for Sports (for Life)

1. Eat healthy all the time - If you don't take care of the body you have, what will you live in later?

2. Federal Guidelines

- The latest: <http://www.choosemyplate.gov>
- The former: Google search for MyPyramid
- et. al.: <http://fnic.nal.usda.gov>
- et. al. : <http://www.cnpp.usda.gov/dietaryguidelines.htm>
- et. al. : <http://health.gov/DietaryGuidelines>
- et. al. : http://www.nutritionevidencelibrary.gov/a_z_index.cfm

3. What to eat and when

- Fruits, Veggies, Protein, Grains and Dairy
- Carbohydrates, Fats, Proteins.
- Calories to support metabolism vs activity
- Eat when you have time to digest - Swim hungry, but not thirsty
- Food breakdown and absorption - the digestive process and time
- Hydrate ... drink water ... avoid carbonation
- Real food vs ???
- Read the labels - "read the fine print."

4. Nutrition - getting the necessary nutrients

- All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy, and lean meats and poultry are **nutrient dense** when prepared without solid fats or sugars.
- Micronutrients ... phytonutrients
- Pasteurization

5. Bridging the gap between what you need and what you get from meals

- Whole food supplements
- Snack on the good stuff
- Juice Plus +

6. What does it cost to eat healthy?

- Fresh ... organic ... local ...
- What the feds estimate