

NUTRITION GUIDE

Eating a well balanced, nutritious diet plays an important part of our health. Healthy foods give us energy, help our brains function and help our bodies recover from exercise and competition. This is done by our bodies using the macro and micro nutrients that we receive from eating these foods.

The 3 macro nutrients are:

Protein: builds and repairs muscle tissue

Good Choices: beef, chicken, eggs, fish, milk, yogurt

Carbohydrates: best source of energy for the body and brain.

Good Choices: oatmeal, rice, potatoes, yams, quinoa

Fats: help regulate hormones and body temperature, help absorb vitamins.

Good Choices: fish, nuts, avocado

Micro nutrients are vitamins and minerals that help regulate hormones, aid in recovery and keep our immune system functioning at a high level. We get micro nutrients from fruits and vegetables. The goal is to eat fruit or vegetables at every meal!

Here are some good examples:

Fruits: apples, berries, melon, bananas, pineapple

Vegetables: broccoli, cauliflower, spinach, carrots, cucumbers, green beans, celery

All fruits and vegetables are good!

Stay hydrated! Staying hydrated is important for our physical and mental performance. Water is always the best choice. Ditch the sugary high calorie drinks like juice and soda and aim to have 3 litres of water a day.

Snacks: often times snack food is highly processed and not very healthy. Here are some simple ideas for you to try that are delicious and nutritious:

- apple slices with peanut butter
- greek yogurt and fresh or frozen berries (your choice of berry)
- trail mix (mixed nuts with dried fruit)
- fruit salad (mixed fruit cut up)
- sliced fruit and vegetables (the more convenient they are the more they get eaten)

Nutrition Challenge:

Have one serving of fruits or vegetables and a glass of water with every meal!

