



Special Olympics

HEALTHY LIVING FOR FAMILIES



The *Special Olympics BC Healthy Living Booklet* is the result of a collaborative effort between Action Schools! BC and Special Olympics BC.

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Special Olympics BC and Action Schools! BC

Special Olympics BC is committed to enriching the lives of individuals with intellectual disabilities and, in turn, the lives of their family members, friends and everyone they've touched. Special Olympics BC provides high-quality sport programs and competitions that help people with intellectual disabilities celebrate personal achievement and gain confidence, skills and friendships.

Action Schools! BC is a best practices whole-school model designed to assist elementary and middle schools in creating and implementing individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health. Action Schools! BC contributes to the overall health and physical literacy of children and youth by integrating daily physical activity, physical education and healthy eating practices into the school community, with a goal of providing a foundation for life-long healthy living.

The *Special Olympics BC Healthy Living Booklet* supports Special Olympics athletes, their coaches, and their families by being a source for healthy eating and hydration information and tips. Nutritious recipes and grocery shopping ideas are included to further encourage the consumption of healthy food to fuel performance.



Healthy Eating Facts

Ways to Make Healthier Choices Every Day

By increasing vegetable and fruit intake and decreasing the amount of sodium (salt) and sugary drinks we consume, we are more likely to eat food that will provide our bodies with healthy fuel.

Vegetables & Fruit

- Kids aged 4 to 8: try to eat 5 servings a day.
- Kids aged 9 to 13: try to eat 6 servings a day.
- Teens aged 14 to 18: try to eat 7-8 servings a day.
- Adults aged 19 to 50: try to eat 7-10 servings a day.
- Try to eat a variety of colourful vegetables and fruit each day.
- Choose vegetables and fruit more often than juice.



Sugary Drinks

- Sugar is a major ingredient in many popular drinks.
- Choose drinks that contain no added sugar most of the time.
- Drinking sugary drinks may “bump out” healthier drinks and food.
- Satisfy thirst with water.



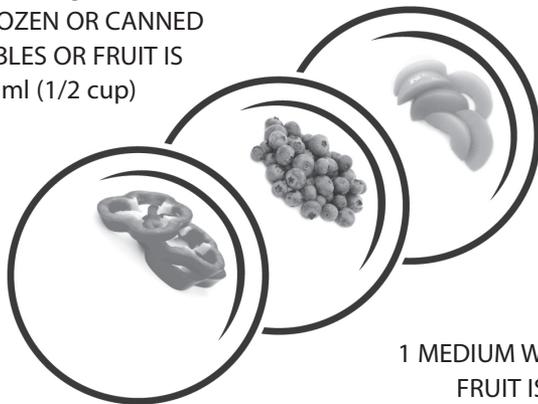
Sodium (Salt)

- Most of us eat too much sodium; more than double the amount we need.
- Eating too much sodium can cause health problems.
- Most of the sodium we eat comes from processed food such as cheese, deli meats, pizza sauces, soups, restaurant meals, pre-packaged ready-to-eat food, and fast food.

What Does a Serving of Vegetables and Fruit Look Like?

See p. 5 for how many servings of vegetables and fruit to aim for each day, and use the pictures below to help understand what a serving size looks like.

1 Serving of
FRESH, FROZEN OR CANNED
VEGETABLES OR FRUIT IS
125 ml (1/2 cup)



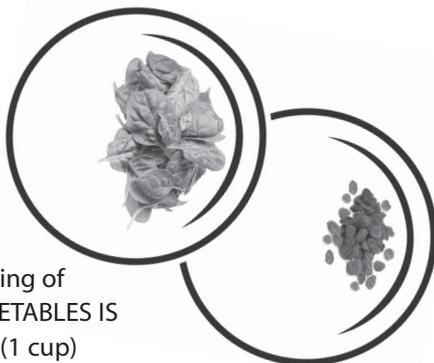
1 MEDIUM WHOLE
FRUIT IS
1 Serving



1 Serving of
100% JUICE IS
125 ml (1/2 cup)



1 Serving of
LEAFY VEGETABLES IS
250 ml (1 cup)



1 Serving of
DRIED FRUIT IS
60 ml (1/4 cup)

Reference: Canada's Food Guide, 2007 (www.hc-sc.gc.ca)
Action Schools! BC (www.actionschoolsbc.ca)

Sugary Drinks

Know Your Sugary Drink Facts

Sugary drinks are beverages that have sugar or sugary syrups added to them.

Sugary drinks provide little or no nutrition and take the place of healthier choices like water or milk.

- **Limit added sugar per day to 13 teaspoons or less**

- **1 teaspoon (tsp) of sugar = 4 grams of sugar**

1 tsp of sugar = 1 sugar cube

DRINK	TSP OR CUBES OF SUGAR	GRAMS OF SUGAR
Iced Tea (355 ml) or Vitamin Enhanced Water (591 ml)	 (8)	32
Pop (355 ml) or Sports Drink (700 ml)	 (10)	40
Energy Drink (500 ml)	 (14)	56
Specialty Coffee (473 ml) with syrup and whipped cream	 (17)	68
Sweetened Bubble Tea (500 ml) or Large Pop (730 ml)	 (21)	84
Large Slushie (1000 ml)	 (24)	96

Sipping sugary drinks throughout the day can harm the teeth leading to cavities or pain.

For more information visit Healthy Families BC
www.healthyfamiliesbc.ca

Reference: Adapted from the Sugary Drink Sense Fact Sheet, Healthy Families BC (<http://bcfsg.dietitians.ca/>)

How to Read a Nutrition Label

The Nutrition Facts table found on packaged food and beverages can help you choose healthy food products.

Look at the serving size listed in the Nutrition Facts table and compare it to how much you actually eat or drink.

Nutrition Facts	
Per 250 ml	
Amount	% Daily Value
Calories 110	
Fat 0 g	0%
Saturated 0 g + Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0%
Potassium 470 mg	6%
Carbohydrate 27 mg	8%
Fibre 0 g	
Sugars 23 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	120%
Calcium	0%
Iron	0%
Folate	25%

The % Daily Value helps you see if a specific amount of food has **a little** or **a lot** of nutrients.

Ingredients: There is an ingredient list on all packaged food and beverage products. The ingredients are listed in order of weight, from most to least. This means the food contains more of the ingredients at the beginning of the list and less of the ingredients at the end of the list.

For more information visit Healthy Families BC
www.healthyfamiliesbc.ca

Reference: % Daily Value, reproduced with permission from the Minister of Health, Health Canada, 2013 (www.hc-sc.gc.ca), Sip Smart! BC (www.bcpeds.ca/sipsmart)

Sodium (Salt)

Know Your Sodium Facts

We all need some sodium, but most of us eat about 3400 mg per day. This is more than double the amount of sodium we need.

Eating too much sodium can cause high blood pressure, stroke, heart disease and kidney disease.

- **Healthy adults need only 1500 mg of sodium per day**
- **Healthy children need only 1000-1500 mg of sodium per day**
 - **1 tsp of salt is approximately 2300 mg of sodium**

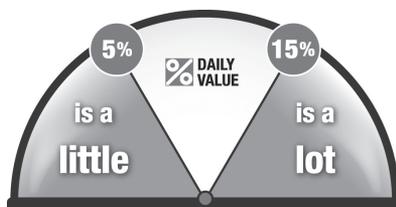
Use the Nutrition Facts table when purchasing pre-packaged food to find out whether it has **a little** or **a lot** of sodium.

CHEESE TORTELLINI PASTA WITH TOMATO SAUCE

Nutrition Facts	
Per 500 ml (373 g)	
Amount	% Daily Value
Calories 430	
Fat 9 g	14%
Saturated 4 g + Trans 0 g	20%
Cholesterol 50 mg	
Sodium 1750 mg	73%
Carbohydrate 73 g	24%
Fibre 6 g	24%
Sugars 12 g	
Protein 19 g	
Vitamin A	25%
Vitamin C	25%
Calcium	20%
Iron	30%

Where does the Sodium in Our Food Come From?

- 11% occurs naturally in food
- 12% is added at the table or while cooking
- **77%** comes from processed and prepared food



5% is **a little**, 15% is **a lot**
applies to all nutrients

Reference: % Daily Value, reproduced with permission
from the Minister of Health, Health Canada, 2013 (www.hc-sc.gc.ca),
Healthy Families BC (www.healthyfamiliesbc.ca)

Nutrition and Exercise – The Basics

- Fueling your body with the right food and fluids before training and competition stores extra energy in your muscles. Having more energy ‘on board’ means you can go harder and longer without running out of fuel.
- A well-planned competition day nutrition plan can give you a big edge over the other athletes.

How do I fuel my body?

Our food is made up of three big or macro nutrients:

- **Carbohydrates ('carbs')** — Your main source of energy for your working muscles (e.g. banana, bread, cereal).
- **Protein** — The building blocks to help your body grow, heal and get stronger (e.g. chicken, peanut butter, eggs).
- **Fats** — Fats are an important part of all of our cells and help us absorb some vitamins (e.g. cooking oil, avocado, nuts, seeds).

DON'T FORGET!

Think of your body like a race car. A race car needs a great driver and high quality fuel. If the gas tank is low or it has the wrong type of fuel, the car won't run at its best. Just like the race car, your bodies need proper nutrition to perform at your best.

BEFORE competition

- Choose familiar foods high in carbohydrates.
- Experiment with new foods during training – not on race day.
- Plan what you will eat before and during race day.
- Remember to eat a balanced meal the night before.

DURING competition

- If your exercise is intense, and lasts longer than 1 hour, you will need a source of energy, a carbohydrate (e.g. a banana or a sports drink).
- It is important to stay hydrated by drinking fluid.

AFTER competition (recovery)

- Once your activity is finished, your body is ready to store energy again, repair muscles and fill up with fluids.
- Eat carbohydrates within 30 minutes of exercise.
- Eat a balanced meal of carbohydrates, protein and healthy fats within two hours.

DON'T FORGET!

Your meals during training are just as important as your meals before you compete so remember these tips for your practice sessions too!

Good everyday nutrition will help improve your performance.

The Importance of Water

Water is a key nutrient to life. Why? It helps keep our body temperature stable, keeps our joints working well, and moves nutrients throughout our body.

Hydrated = your body has enough water

Dehydrated = your body needs water

The amount of water we each need varies depending on the person, type of activity you do and the length of time you are active. Keep a water bottle with you and drink often.

DID YOU KNOW?

Roughly 60% of our body weight is made up of water!

How can I tell if I am hydrated?

Check the colour of your urine. Clear to pale yellow (e.g. lemonade colour) urine is a sign you are hydrated. A small amount of dark yellow (e.g. apple juice colour) urine could mean you are dehydrated.

When can I drink a sports drink?

- If exercise is intense and activity lasts longer than 1 hour
- If exercise is intense and if the weather is hot and humid
- If you sweat a lot
- If fluid and carbohydrates need to be replaced fast (e.g. tournaments or two a day training sessions).

Fluids to AVOID during exercise: carbonated soft drinks – pop, regular fruit juice, fruit drinks, lemonade, energy drinks that contain a lot of sugar or caffeine.

Best Practice: Drink regularly throughout the day. Water is usually your best choice, but sometimes a sports drink is ok after intense exercise.

Competition Day Meal Planning

WHEN to eat and HOW MUCH

TIME BEFORE COMPETITION	RECOMMENDED FOOD OR LIQUIDS	EXAMPLE
1-2 hours	Small snack and water	Banana + water
2-3 hours	Small meal and water	Peanut butter and jam sandwich + water
3-4 hours	Moderate size meal and water	English muffin, scrambled egg, apple + water

BEFORE competition

- Try and eat 3-4 hours before the start of your competition. This meal should be slightly smaller than a regular meal.

BEFORE event

- Top off with a high 'carb' snack 1-2 hours before your event.

BETWEEN events

- It is important to eat and drink between events if you have more than one competition in the same day.

Sample Competition Day Meal Plan

Alex is an 18 year old swimmer. Her mom and coach have helped her plan what she is going to eat on race day (see below). Remember, your schedule will look a little different depending on what your activity is.

TIME	SCHEDULE	MEALS AND SNACKS
6:30 am	Breakfast	Microwave banana oatmeal*
8:00-8:30	Warm-up time	
8:30	Top up fuel	Orange, water
9:30	Freestyle Heats	
9:45	In between events	Sports drink
10:30	Backstroke Heats	
10:45	After event	Peanut butter apple cinnamon roll up*, water
11:30	Lunch	Tuna pasta salad*, apple, water
1:30-2:00 pm	Warm-up time	
2:30	Top up fuel	Granola bar, water
3:00	Freestyle Finals	
3:15	In between events	Sports drink
4:00	Backstroke Finals	
4:15	After event	Chocolate milk, water
6:00	Dinner	Mediterranean chicken*, water
7:00	Dessert	Fruit salad with yogurt dressing*, water
RELAX AND SLEEP		

* See recipes on following pages

Recipes

BREAKFAST: **Microwave Banana Oatmeal** ● SERVES: 1

INGREDIENTS:

- 1 ripe banana, mashed
- 1/2 cup rolled oats
- 3/4 cup low fat milk
- *Optional:* 1/2 tsp cinnamon
1/2 tsp of vanilla flavouring
1/2 tsp brown sugar

INSTRUCTIONS:

1. Mash a ripe banana into a microwave safe bowl. Adding a ripe banana makes the oatmeal sweet (the riper the banana, the sweeter it is) and gives it a fun texture!
2. Top the banana with the oats and milk (and cinnamon, vanilla and brown sugar if using).
3. Microwave on high for 2-3 minutes, stopping once halfway through to stir.

LUNCH: **Tuna Pasta Salad** ● SERVES: 2-3

INGREDIENTS:

- 2 cups cooked whole wheat pasta
- 1 can of (water-packed) chunk tuna
- 2 tbsp plain yogurt
- 1/2 tsp Dijon mustard
- 1/2 cup frozen peas (thawed in microwave: add them to bowl, cover with water, heat on high for 1 minute)
- 1 cup chopped cherry tomatoes, washed
- *Optional:* 1/2 tbsp balsamic vinaigrette

INSTRUCTIONS:

1. Add pasta to a large bowl.
2. In a separate, smaller bowl, mix the tuna, plain yogurt, and Dijon mustard in a small bowl.
3. Add the tuna mixture, cooked peas, and cherry tomatoes to the cooked pasta.
4. Mix it all up (and add balsamic vinaigrette on top if using).

SNACK: **Peanut Butter Apple Cinnamon Roll Up** ● SERVES: 1

INGREDIENTS:

- 1 small whole wheat tortilla
- 2 tbsp peanut butter
- 1 tbsp raisins
- Half of an apple, cut up small
- 1/2 tsp cinnamon

INSTRUCTIONS:

1. Spread the peanut butter on the tortilla (leave some space around the edge).
2. Sprinkle the raisins, diced apple and cinnamon over the tortilla.
3. Roll up and cut in half.

DINNER: **Easy Mediterranean Chicken** ● SERVES: 2

INGREDIENTS:

- 2 chicken breasts, cut into pieces
- 2 cloves garlic, minced
- 1 tsp extra virgin olive oil
- 1 can (14.5 oz) diced tomatoes
- 3 big handfuls of fresh spinach (or pre-washed spinach)
- 1/2 cup black beans (optional: rinsed and drained)
- 2 cups white or brown rice (or whole wheat pasta)
- Black pepper and chili powder to taste

INSTRUCTIONS:

1. Cook the rice or pasta according to package directions.
2. Toss the chicken, garlic, and olive oil into a pan on medium heat. Sauté until the chicken is no longer pink in the centre (3-5 minutes).
3. Add the can of diced tomatoes, stirring until mixed.
4. Add a few huge handfuls of fresh spinach — don't worry about adding a lot as it will cook down. Stir until fully wilted (1-2 minutes).
5. Add the black beans and rice or pasta, stirring until mixed.
6. Add cracked pepper and chili powder to taste.

DESSERT: **Fruit Salad with Yogurt Dressing**

Wash and mix any fruit you have on hand (fresh seasonal fruit is best) with plain yogurt and a drizzle of honey.

Shopping List

Planning ahead goes a long way. Here is a grocery list for the recipes:

Vegetables and Fruit:

- ✓ Banana
- ✓ Apple
- ✓ Fruit of your choice for fruit salad (e.g. cantaloupe, seedless grapes, fresh or frozen blueberries, etc.)
- ✓ Spinach (1 bunch or small box of frozen)
- ✓ Cherry tomatoes
- ✓ 1 garlic bulb

FROM THE AISLE:

- ✓ 1 can (14.5 oz) diced tomatoes
- ✓ Bag of frozen peas (any size)

Grains:

- ✓ Rolled oats
- ✓ Whole wheat pasta (any small shape)
- ✓ Whole wheat tortillas
- ✓ White or brown rice
- ✓ Granola bars

Dairy:

- ✓ Milk (2% or less)
- ✓ Plain yogurt (2% or less)

Pantry Staples:

- ✓ Brown sugar
- ✓ Dijon mustard
- ✓ Olive oil
- ✓ Black pepper
- ✓ Chili powder
- ✓ Raisins
- ✓ Honey

Optional:

- ✓ Cinnamon
- ✓ Vanilla flavouring
- ✓ Balsamic vinaigrette

Protein:

- ✓ 2 boneless, skinless chicken breasts

FROM THE AISLE:

- ✓ Peanut butter
- ✓ 1 can of black beans
- ✓ 1 can of water-packed chunk light tuna

-
- If you can't find something you are looking for, ask a staff member. They are there to help you.

Food Safety Tip

When packing your lunch, keep an ice pack in your bag to keep food from going bad.

Healthy Living Resources For Families

- Special Olympics BC (www.specialolympics.bc.ca)
 - Action Schools! BC (www.actionschoolsbc.ca) – Daily Physical Activity Pages!, Healthy Eating Pages!, Action Pages!, and Healthy Together Newsletters for Families
 - Active for Life (www.activeforlife.ca)
 - Bake Better Bites: Recipes and Tips for Healthier Baked Goods (www.healthyschoolsbc.ca)
 - Better Together BC (www.bettertogetherbc.ca)
 - Canada's Food Guide (www.hc-sc.gc.ca)
 - Canadian Physical Activity Guidelines (www.csep.ca)
 - Childhood Obesity Foundation (www.childhoodobesityfoundation.ca)
 - HealthLink BC (www.healthlinkbc.ca)
 - Healthy Eating at School (www.healthyeatingatschool.ca)
 - Healthy Families BC (www.healthyfamiliesbc.ca) – Shopping Sense, Sodium Sense, Sugary Drink Sense
 - Healthy Living for Families Booklets (www.bced.gov.bc.ca/health/healthylivingbooklets.htm)
 - ParticipACTION (www.participaction.com)
- In BC it's free to speak to a registered dietitian or physical activity specialist:**
- Call Dietitian Services at 811
 - Call Physical Activity Line at 1.877.725.1149

Healthy Recipe Sources

- Dietitians of Canada (www.dietitians.ca) –
Click *Your Health • Plan, Shop, Cook*
- Heart and Stroke Foundation (www.heartandstroke.bc.ca) –
Click *Health Information • Recipes*
- Better Together BC (www.bettertogetherbc.ca) –
Click *Kid Friendly Recipes*

