



# Healthy diet, healthy you!

Eating best for your sport needs on a budget

Special Olympics  
**Healthy Athletes**<sup>®</sup>

*Special  
Olympics*  
British Columbia



## Tips for success: The three Ps

### Plan

- Plan meals for the week and make a list of what you need.

FOOD GUIDE TIP: Make sure you have all your food groups!

### Purchase

- Stick to your list and go when you aren't hungry.
- Choose fruits and vegetables that are in season and local.
- Compare different brands to find the cheapest.
- Buy store brand when possible.

FOOD GUIDE TIP: Always get lots of different coloured fruits and veggies!

### Prepare

- Prepare meals ahead of time when you can and freeze.
- Double or triple recipes so you have extra.
- Use leftovers in creative ways.



## Easy recipes

### Stir fry

- 1 cup of your choice of meat
  - 2 cups whatever veggies you like, cut into small cubes
  - 1 tbsp each garlic and ginger
  - 1 cup cooked brown rice
1. Cook the meat until fully cooked through (no pink).
  2. Add veggies, cook.
  3. Add 2 tbsp of any Asian sauce you would like, such as teriyaki sauce, soy sauce, or hoisin sauce.
  4. Let cook for five more minutes. Enjoy!



### Pasta

- Spice up any pasta dish by adding leftover lean ground beef and lots of veggies to your tomato sauce!

### Burgers

- Instead of a bun with your burger, use lettuce cups as a healthy alternative.
- Get creative with toppings like avocado

## Remember!

**Do you have all the colors of a rainbow in your cart?  
Do you have food from all four food groups?**

## Picking your portion sizes

### “I need to eat how much of what?”

The world of portion control can seem like a daunting and confusing puzzle, but when you break it down, it can be quite simple!

#### Can't remember what a serving is? It's all your in hands!

- Your fist = one serving of fruits or grains
- Your palm = one serving of meats, about the thickness of your little finger
- The tip of your thumb = about how much fat (like butter) in one serving
- Your two hands cupped together = one serving of vegetables



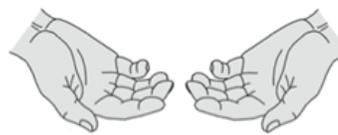
### Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



**FRUITS\*/GRAINS & STARCHES\*:**  
Choose an amount the size of your fist for each of Grains & Starches, and Fruit.

**MILK & ALTERNATIVES\*:** Drink up to 250 mL (8 oz) of low-fat milk with a meal.



**VEGETABLES\*:**  
Choose as much as you can hold in both hands.



**MEAT & ALTERNATIVES\*:**  
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



**FATS\*:**  
Limit fat to an amount the size of the tip of your thumb.

\* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management* © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.



## Portioning your plate

You know how to measure a serving size based on your hand, but what about your plate, how much is enough?

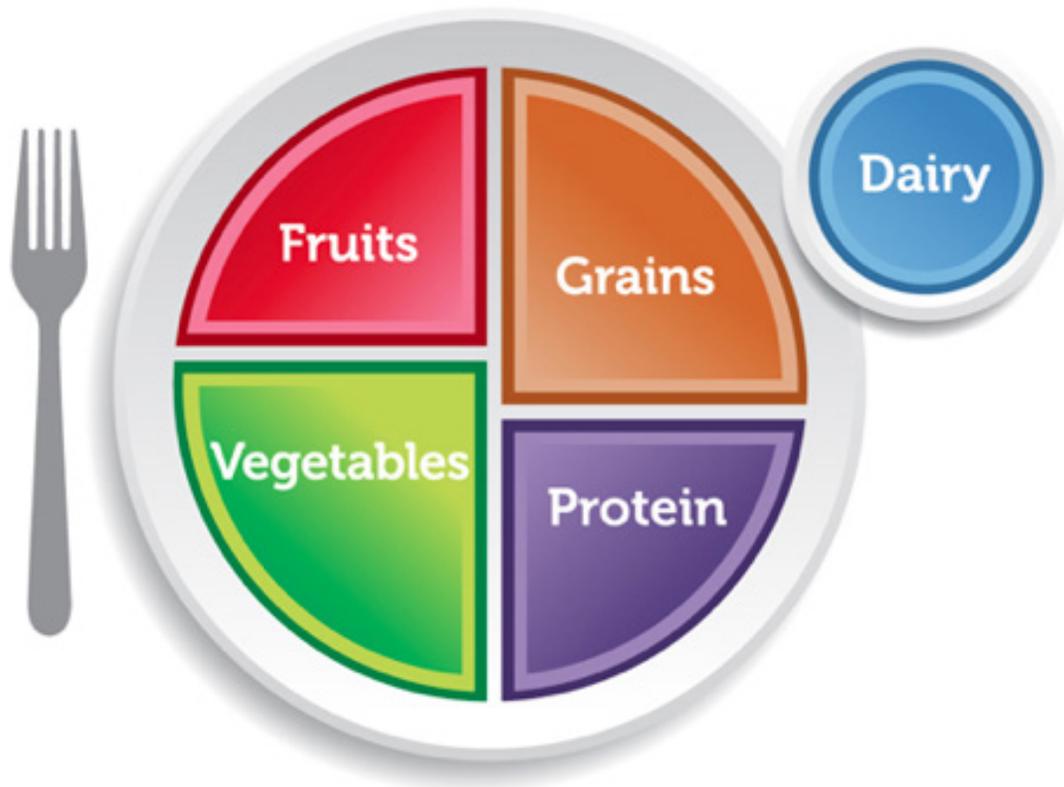
**ALWAYS REMEMBER** your plate should be:

- ¼ meats
- ¼ grains
- ¼ vegetables
- ¼ fruit

This will make sure that you're getting all of your daily servings.

**In a day you need (for ages 19 to 50):**

- Seven to eight (females) or eight to 10 (males) fruit/vegetable servings
- Six to seven servings of grains
- Two servings of milk and alternatives
- Two servings of meat and alternatives



[www.choosemyplate.gov](http://www.choosemyplate.gov)

# Hydration

## Drink plenty, drink often

The human body is composed of 60 per cent water, and is more important to life than any other nutrient.

You also need more of it each day than any other nutrient!

Try not to let your water intake be dictated by the feeling of thirst. By the time you feel thirsty your body is already dehydrated.



## Daily recommended intake of water

For an individual consuming a regular diet, about two to three liters (or eight to 12 cups) should be consumed daily, athletes may need even more.

**Men should consume 3.7 litres of TOTAL water a day.**

**Women should consume 2.7 litres of TOTAL water in a day.**

This total can come from any source, such as milk, juice or sports drinks, but water is still the best most effective choice.

Having trouble drinking all that water or don't like the taste? Add a lemon or orange slice for some natural flavor!

# Caffeine!

## The drug, the myth, the legend

Yes, you read that right. Caffeine is the world's most popular drug, with the majority of Canadians getting their fix from a cup of coffee.

Research has shown that caffeine can improve physical performance in longer distance events like running or swimming, but not short term, like sprinting or weight lifting.

**But all you need for this benefit is two to three mg/kg of body weight, or about 145 to 220 mg. About one cup of drip coffee!**

### Pay attention to what you are adding to your coffee:

Sometimes it is what goes in it that is more damaging to your health than the actual coffee!

Try choosing skim milk instead of cream, or Stevia instead of regular sugar!



### But how much caffeine can I drink a day?

Health Canada suggests no more than 400 to 450 mg a day, or three to four eight oz cups.

### Caffeine affects everyone differently!

- Genetics
- Level of training
- Amount of caffeine is regularly consumed

All play a role!

**Always talk to your doctor before trying a new supplement.**

## Meal planning for competitions

**Make meal planning fun!**

**Have a meal-planning party, share your recipes and ideas for the week!**

### Before competition

- The night before a competition, eat a balanced meal with all the food groups.
- Eat foods that you know and have eaten before to avoid an upset stomach.
- Try to avoid a big meal right before competition.

### During competition

- If you are getting tired, eat a small snack that will give you quick energy. Like a handful of trail-mix or a granola bar!

### After competition

- Start refueling your body right away to repair damaged muscles.
- Eat simple carbs such as chocolate milk or fruit right away.
- Eat a well-balanced meal for dinner.
- Rehydrate with water.



### Trail mix

Pick two from each category and keep in your bag for snack!

- Seeds: sunflower, pumpkin, flax, hemp, or sesame
- Nuts: almonds, cashew, pecans, peanuts, pistachios or walnuts
- Cereals: Cheerios®, granola, rice crispies, high fiber cereal, or Chex (gluten free!)
- Dried Fruits: apples, apricots, raisins, pineapple, dates, blueberries, or cranberries
- Don't forget your treat!: Smarties®, chocolate chips, yogurt covered raisins, or M&M's

*Developed by Dr. Sally Willis-Stewart*

# Nutrition Labels

## What you should know!

**DID YOU KNOW:** Ingredients are listed in order from the most used ingredient to the least. So if the first ingredient is sugar, there is more of it than any other!

**Serving Size:** This is different on all labels. Make sure to look if the serving size is for the whole item or only a portion!

**Calories:** Total energy you will receive from one serving.

**Saturated, Trans and Total Fats:** Saturated & trans fats are more unhealthy than other kinds of fats. You want these numbers to be as low as possible

**Cholesterol:** This can be harmful if consumed in large amounts – accumulates in the arteries.

**Sodium:** Reducing salt in your diet can reduce your risk of hypertension and heart disease! Aim to consume about 1500mg a day, but no more than 2300

**Total Carbohydrate:** These compounds are found in bread, pastas, fruits and many other food items. This includes dietary fibre, sugars and starch. It is a good idea to look for items with higher fibre, as most Canadians don't get enough!

**Protein:** There is no % Daily Value given because it is usually quite easy to get your recommended daily value through regular diet.

**% Daily Value:** This is how much of your daily intake you are getting from your chosen food item. This is based off of a 2000 kcalorie/day diet. So if you eat more or less than that, make sure to calculate for it!

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
<b>Calories</b> 230	Calories from Fat 72		
% Daily Value*			
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A			
			10%
Vitamin C			
			8%
Calcium			
			20%
Iron			
			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Navigating the grocery store

### Don't get lost!

- Make a list and stick to it!
- Choose options with whole grains and low sugar or sodium.
- Look for coupons before going.
- Get member cards to different grocery stores – they are usually free!

### Don't be afraid of the frozen section!

- Frozen foods have all the same nutrients as their fresh counterparts, and last a lot longer, especially fruits and vegetables.
- Choose frozen foods over frozen meals, they are healthier and can be used in many different dishes.

### Do the can-can

- Canned soups and veggies last a lifetime!
- Goods such as beans and lentils are a good source of protein and cost less than chicken and beef.
- Choose cans with low sodium or salt, and fruits with 100 per cent fruit juice.



## A sample grocery store list

### Fruits and vegetables

You need seven to eight servings a day

- Fruits (pick three)
- Five apples or oranges
- Bananas (bunch)
- Grapes
- Honeydew
- Cantaloupe
- One kind of berry (such as strawberries, blueberries, or raspberries)
- 100 per cent fruit juice



### Vegetables (pick five)

- Iceberg lettuce
- Tomatoes
- Cucumber
- Carrots
- Broccoli
- Peppers (red, green, or yellow)
- Onions (red, white, green, or yellow)
- Spinach
- Canned corn, tomatoes, or frozen peas



**Get fruits and vegetables from all colors of the rainbow**

### Grain products

- You need six to seven servings a day
- Quaker Oats (for morning oatmeal)
- One loaf bread, or six bagels
- Brown rice
- Quinoa
- Whole grain cereal with less than seven g sugar per serving

**Always pick whole grain options**



### Dairy and alternatives

You need two servings a day

- One litre milk (dairy, soy, or almond)
- Large container Greek yogurt
- Small block of cheese

### Meat and alternatives

You need two servings a day

- Two chicken/turkey breasts or one pound of lean ground chicken/turkey/beef
- One carton eggs
- One jar peanut or almond butter
- Canned tuna
- Can of black beans or other legumes
- Bulk assorted nuts

**Pick one not-so-healthy treat for the week!**

Ready to check out?

**STOP!**

- Do you have at least two items from every food group?
- Did you compare to find the cheapest brand?
- Did you buy fruits and veggies that are in-season?
- Did you get everything on your list for this week's recipes?

**OK! Check out!**

## What's a serving..?

### One serving of fruits and veggies is...

- A piece of fruit the size of a baseball
- About as much berries, cut fruit, or veggies that you can fit in one hand

### One serving of grain products is...

- One piece of bread
- Half a bagel
- Cooked pasta, rice or quinoa equal to your fist (half a cup)



### One serving of dairy or alternatives is...

- One cup of milk or yogurt
- A piece of cheese about the size of your thumb

### One serving of meat or alternatives is...

- A piece of meat the size of your palm
- One cup of beans
- Two eggs

## Still have questions?

### Extra resources

**Dieticians of Canada Website:** <http://www.dietitians.ca>

**Health Canada's Healthy Canadians Website:** <http://healthycanadians.gc.ca/eating-nutrition/index-eng.php>

**Health Canada's Food and Nutrition Page:** <http://www.hc-sc.gc.ca/fn-an/index-eng.php>

(For information on food health, food safety as well as the Canada Food Guide)

**Healthy Families BC:** <https://www.healthyfamiliesbc.ca/eating>  
(Has information on planning meals, as well as has online grocery store tours)

**Canada's Food Guide:** <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

**USDA Choose My Plate:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

Use this website to track the different things you eat, as well as take fun quizzes and many other great tools!

**Eat Right:** [www.eatright.org/Public](http://www.eatright.org/Public)

A great way to find local dieticians in your area, as well as get more nutrition information!

Developed: February 2014. Edited and updated October 2014

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