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Health Matters

How to Eat Like an Olympic Athlete



The 2010 Winter Olympics have arrived in Vancouver! Olympic athletes are choosing foods and drinks and planning their meals and snacks to reach peak performance levels. You don't need to be an elite

or Olympic athlete to get the benefits of eating well for an active lifestyle.

1. **Start with Canada's Food Guide to plan your meals and snacks** - you may need more servings if you are really active
2. **Carbohydrate provides quick energy for your body and mind** - choices from the Vegetables & Fruit and Grain Products food groups are the main source of this type of fuel
3. **Drink or you will slow down** – you need more fluids with activity, especially on hot days and if you sweat a lot
4. **Eat 1-4 hours before exercise** – to provide energy and fluids and prevent hunger
5. **Refuel after activity** - choose foods with carbohydrate and protein to help your muscles recover, e.g., glass of chocolate milk and a banana
6. **Practice your meal plans during training** – you'll know what foods and drinks and the timing of meals and snacks that work well for game or event days

For more tips, visit <http://vch.eduhealth.ca> to view the "Eating for Peak Performance" or "Guidelines for Sport Concession Stands" handouts

Get your children involved in preparing meals and snacks. Encourage your child to enroll in foods courses offered at school to help them build the skills they need to eat well.

Meal in a Pocket

½ cup (125 ml)	spinach or romaine, torn into bite-sized pieces
¼ cup (60 ml)	English cucumber, sliced
¼ cup (60 ml)	carrots, shredded
1 tbsp (15 ml)	salsa
1 tbsp (15 ml)	low fat Ranch dressing
150 g	lean ground beef, cooked and drained
6 ½ inch (16 cm)	whole wheat pita pocket, cut in half

Combine vegetables with salsa and dressing and mix well. Place half of vegetable mixture and half of beef into the pocket of each pita. Serve with a glass of milk for a meal with all 4 food groups.
Serves 2

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca