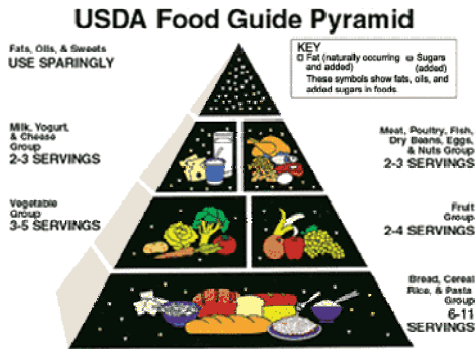


How Simple Can Eating Be?.....

From this...



To THIS! →



We often get feedback from your fellow student athletes that they, “just want us to tell them what to eat”. The easiest way to reach a “balanced diet” is to use the food guide pyramid as your guide. Although it may not be flashy, the Food Guide Pyramid has a lot to offer you.

The new Food Guide Pyramid was released April 2005 and is complete with an interactive website to help you make the pyramid fit for you. As an elite athlete, you need to remember that your physical activity levels may be very high and you may require more energy than the website predicts.

Here is what is new:

1. One size does not fit all, each of us has unique needs according to body size, gender and activity level.
2. Balancing physical activity with your food intake is important. This is critical if you want your muscles to be ready to go!
3. Make choices from each group for variety. There are healthy and not-so-healthy foods in each group. Try to base your diet on the healthy choices.
4. Mypyramid.gov gives you a variety of examples to fit each food group. If you're unsure of what

food goes where, mypyramid.gov is sure to help you .

5. Each color slice stands for a food group: grains, vegetables, fruits, oils, milk, and meat & bean groups from left to right. The size of the slice shows you how much in your diet compared with the other groups.

If you are looking for a reliable source to help you with your body goals, consider the food guide pyramid as a healthy choice!

See if you can stick to the food guide pyramid for your Thanksgiving meals.

Do you know:

Losing weight faster than one pound per week likely means you are losing muscle mass and water.

Eating fewer than 1600 calories per day makes it difficult to get the vitamins and minerals your body needs.

Eating too few calories can make you tired and cause muscle fatigue.

The food guide pyramid is put together by a panel of nutrition experts.

Eating your carbs and colors

The normal person should eat at least 6 servings from the grains group per day. A competitive athlete should likely be eating at least 8 or 9 servings to help fuel the muscles. The muscle can compete best when it has plenty of carbohydrate to burn as fuel. Even when you are preparing for conditioning or weight training,

this carbohydrate fuel is very important to help the muscle grow and boost your immune system.

Science has proven that the fruits and vegetables in our diet are likely responsible for preventing chronic diseases such as cancer and heart disease. The good news for you is that these also contain the carbs you need as an ath-

lete. See fruits and vegetables as “all the time” foods that you can eat as part of a meal or snack anytime you wish! The more colorful the fruit or vegetable, the more of it you should likely be eating. Of course we want you to eat these in a well-balanced diet, but you should be striving for 9 fruits and vegetables daily.

What does each food group do for your body?

- Grains fuel your muscles and help you perform at your best, it is not wise to skimp here.
- Vegetables are loaded with anti-oxidant nutrients and that just might help fight off getting sick.
- Fruits are great for carbohydrates and anti-oxidants so they help just like grains and vegetables.
- Milk (low fat varieties suggested) helps keep your bones strong and gives you a little protein. We contend that milk could be used as a great recovery food if your stomach does well with it.
- Meats and beans are your source of protein to help muscle growth. Increasing lean mass and muscle strength, requires protein. Overeating protein can lead to more body fat than you want so figure out how much you need and try to make it a habit in your daily eating. Typically, eating a well-balanced diet will help you avoid the cost of buying protein supplements and it will be more effective for your body. Don't overlook the health benefits of beans, not only are they high in protein, they are high in fiber and good for your intestinal health.
- Fats are no longer singled out at the top of the pyramid as a bad food. Some fats are healthier than others. Strive to eat fewer animal fats (saturated fats) and fewer "Hydrogenated" fat sources and replace them with plant and fish sources. This means you will have to read labels to get better at this. The kind of fats you eat likely have a great impact on your heart health.

Overview of New Pyramid

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov .				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day

<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> ■ Be sure to stay within your daily calorie needs. ■ Be physically active for at least 30 minutes most days of the week. ■ About 60 minutes a day of physical activity may be needed to prevent weight gain. ■ For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. ■ Children and teenagers should be physically active for 60 minutes every day, or most days. 	<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> ■ Make most of your fat sources from fish, nuts, and vegetable oils. ■ Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. ■ Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low. ■ Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.
--	--



U.S. Department of Agriculture
 Center for Nutrition Policy and Promotion
 April 2005
 CNPP-15



USDA is an equal opportunity provider and employer.

Remember, as an elite athlete, you likely need a lot more energy than this tool can predict. Schedule some time with one of our registered dietitians to help you figure out how much energy you need and how to use the food guide pyramid to your best performance.