



simply healthy

from your Hannaford Dietitian

Eating for the Athlete

Making healthy choices can be easy. Just follow these simple steps. Start with a balanced diet. Proper nourishment every day can help you perform at your best.

Some helpful tips:

- Eat regular meals and snacks to maximize training and competitive performance and to improve recovery.
- Plan ahead by bringing small, non-perishable snacks for sustained energy.
- Avoid foods that provide empty calories, such as soda, candy and other junk food.
- Eat a well-balanced diet with whole grains, fresh fruits and vegetables, lean meats and low-fat dairy to meet your vitamin and mineral needs.
- Drink plenty of fluids as dehydration will decrease performance level

Breakdown of needed nutrients for the athlete:

Carbohydrates: 55%-70% of daily calories

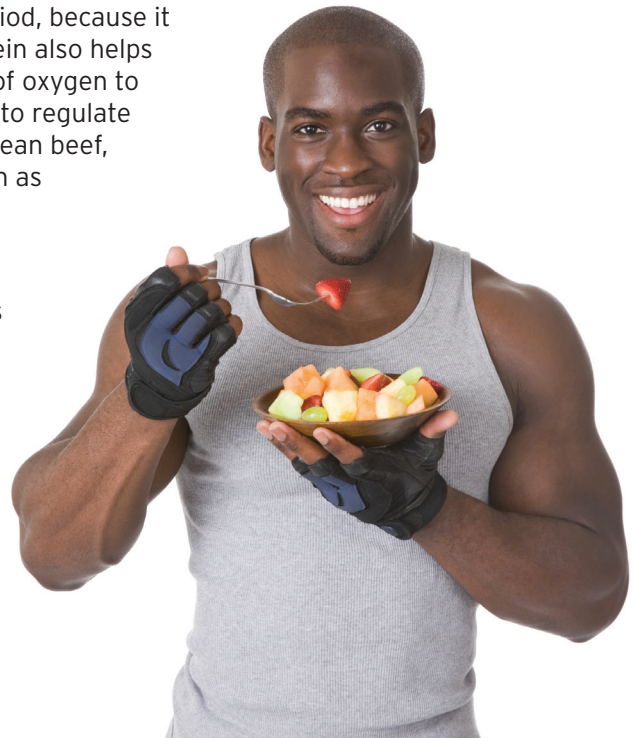
Protein: 10%-20% of daily calories

Fat: 20%-35% of daily calories

Carbohydrates: Complex carbohydrates are the most important fuel for athletes, as they replace muscle glycogen and energy for working bodies. Eating carbohydrates throughout the day will ensure you have the endurance for your workouts. For endurance sports, try to aim for 3.6-4.5 grams of carbohydrates per pound of body weight per day. For lighter recreational exercise, 2.3-2.7 grams of carbohydrates per pound of body weight per day is enough.

Protein: Essential for athletes, especially during the training period, because it helps to restore damaged muscle and sustain muscle growth. Protein also helps the body create red and white blood cells, which improve the flow of oxygen to the muscles. Protein helps the body make hormones and enzymes to regulate metabolism. Good sources of protein include fish, chicken breast, lean beef, eggs, legumes, nuts, soy and low-fat or nonfat dairy products, such as cheese, milk and yogurt.

Fat: An essential part of the diet because it helps to use vitamins and phytochemicals that may otherwise be lost. Fat, because of its high caloric content, should still be consumed in moderation. Not all fats are created equal. Be sure to choose healthy fats, such as polyunsaturated and monounsaturated fats, and keep saturated fats to a minimum. Avoid all trans fats. Good sources of healthy fats include nuts, avocados, flaxseed, canola and olive oil, and fatty fishes, such as salmon and tuna.



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian