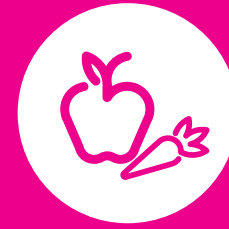


Food and Nutrition

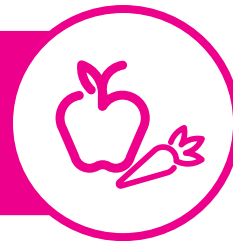


Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

Your goal is to eat at least 5 total fruits and vegetables every day!



Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

Grains

- Brown or Wild Rice
- Oatmeal
- Whole grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flat bread

Meats and Beans

- Chicken Breast
- Eggs
- Fish (frozen, fresh or canned)
- Ground Meats (80-90% lean)
- Tofu
- Nuts
- Nut Butters
- Beans

Dairy

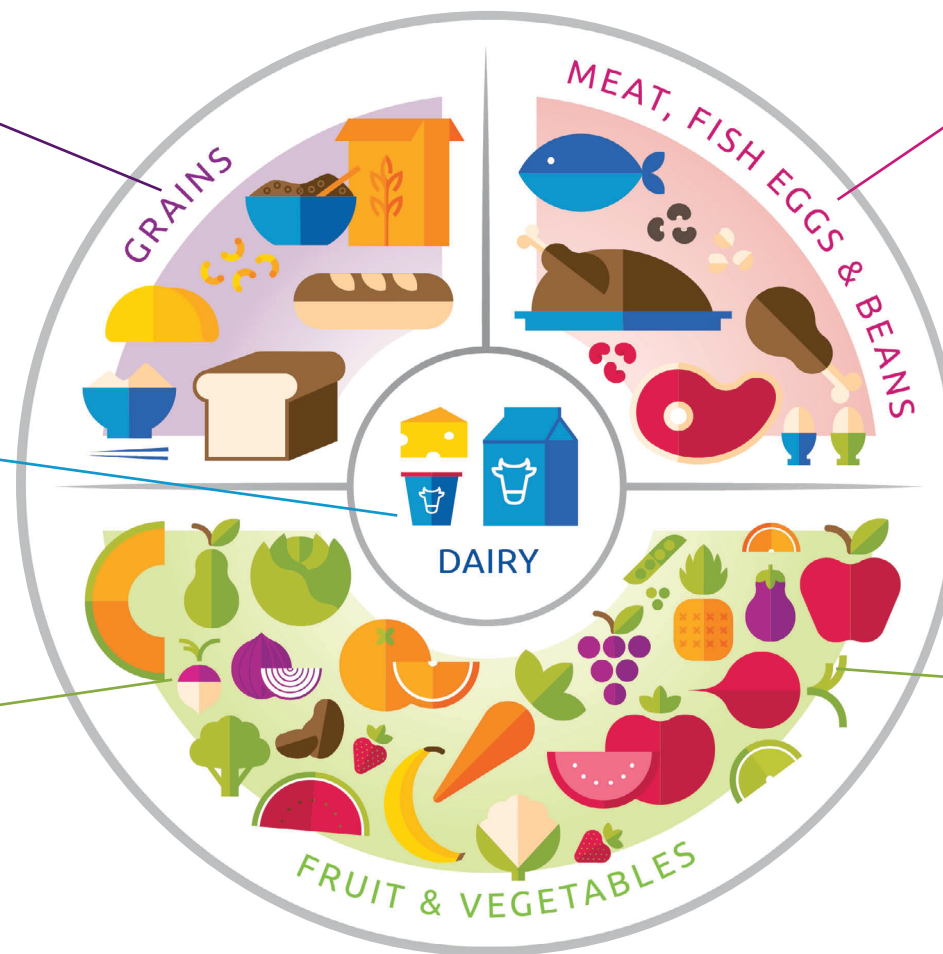
- Low-fat or Skim Milk
- Low-fat Cheese (cubed, slices or stick options)
- Low-fat, unsweetened yogurt
- Cottage Cheese

Fruits

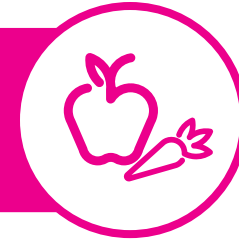
- Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
- Frozen Fruits
- Canned fruits (pick options with no added sugar)
- Dried fruits: Raisins, Bananas, Apricots
- 100% Fruit Juices

Vegetables

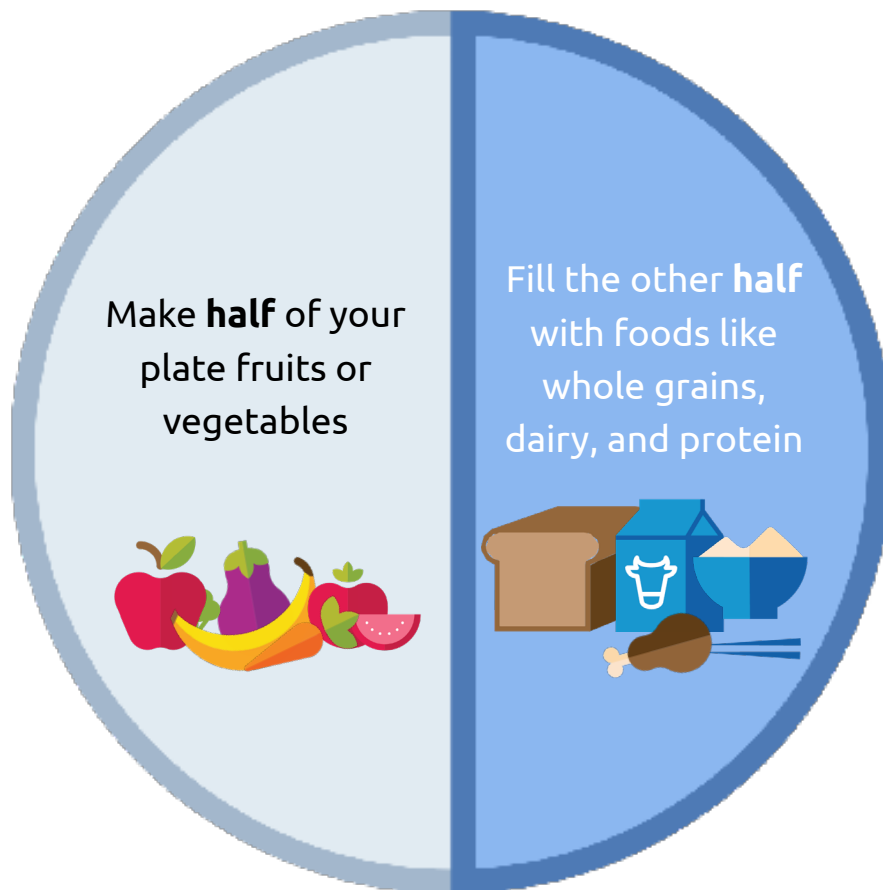
- Fresh: Asparagus Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Lettuces and Dark Leafy Greens
- Frozen Vegetables
- Bagged Salads
- Canned Vegetables



Building a Healthy Plate



Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.



Watch the amounts of food you put on your plate. See the Perfect Portion page.

Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

Keep snacks healthy and small.

