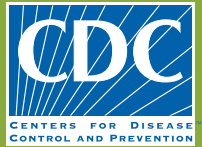
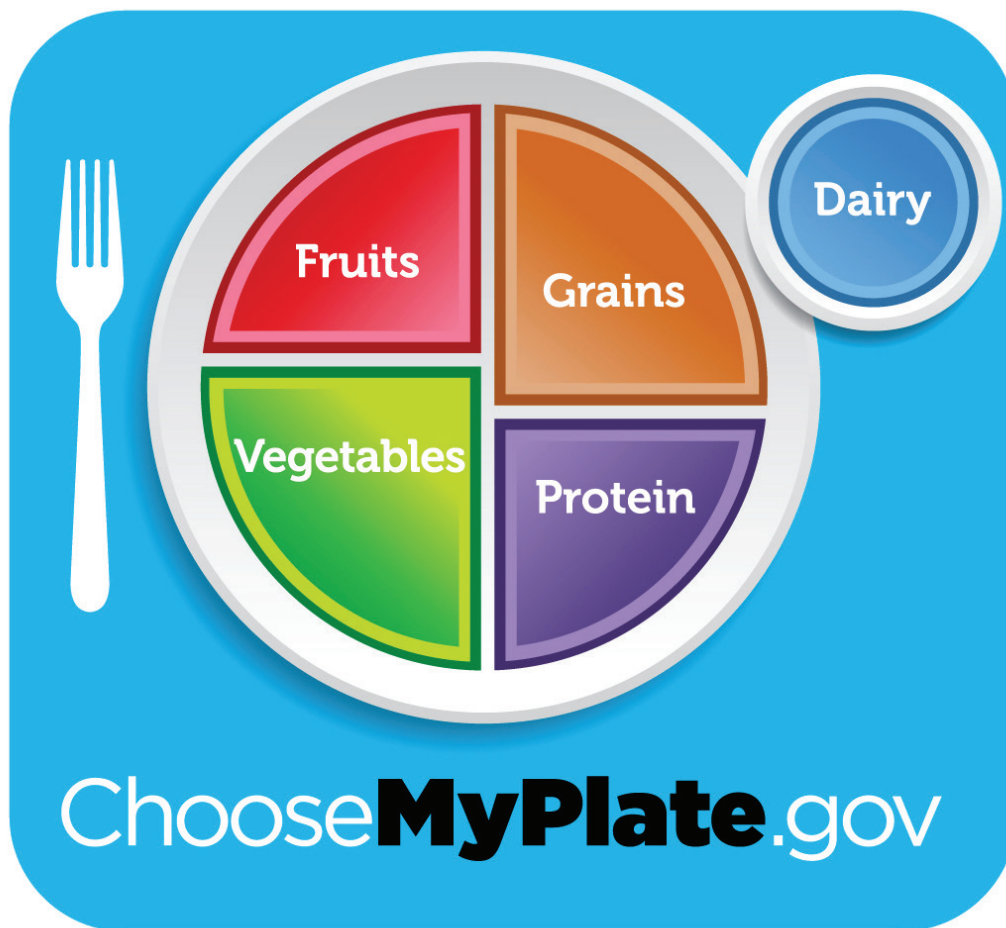


Special Olympics Healthy Athletes Nutrition Guide





What Should MyPlate Look Like?



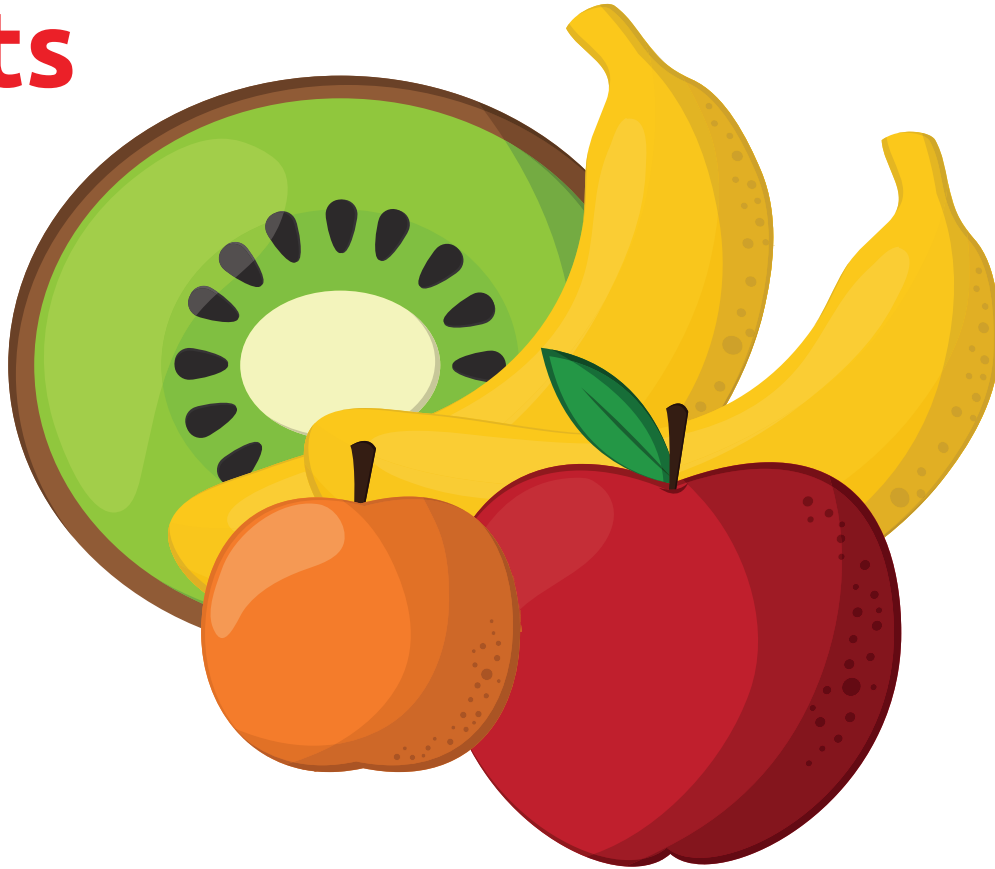
FIVE main food groups:

Fruits • **Vegetables** • **Grains** • **Proteins** • **Dairy**

- ½ typical plate vegetables and fruits.
- Other ½, fill with grains and proteins.



Fruits



How Much Should I Eat?

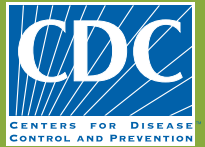
- **1-2 cups** per day

Full of **vitamins, fiber, and other nutrients**



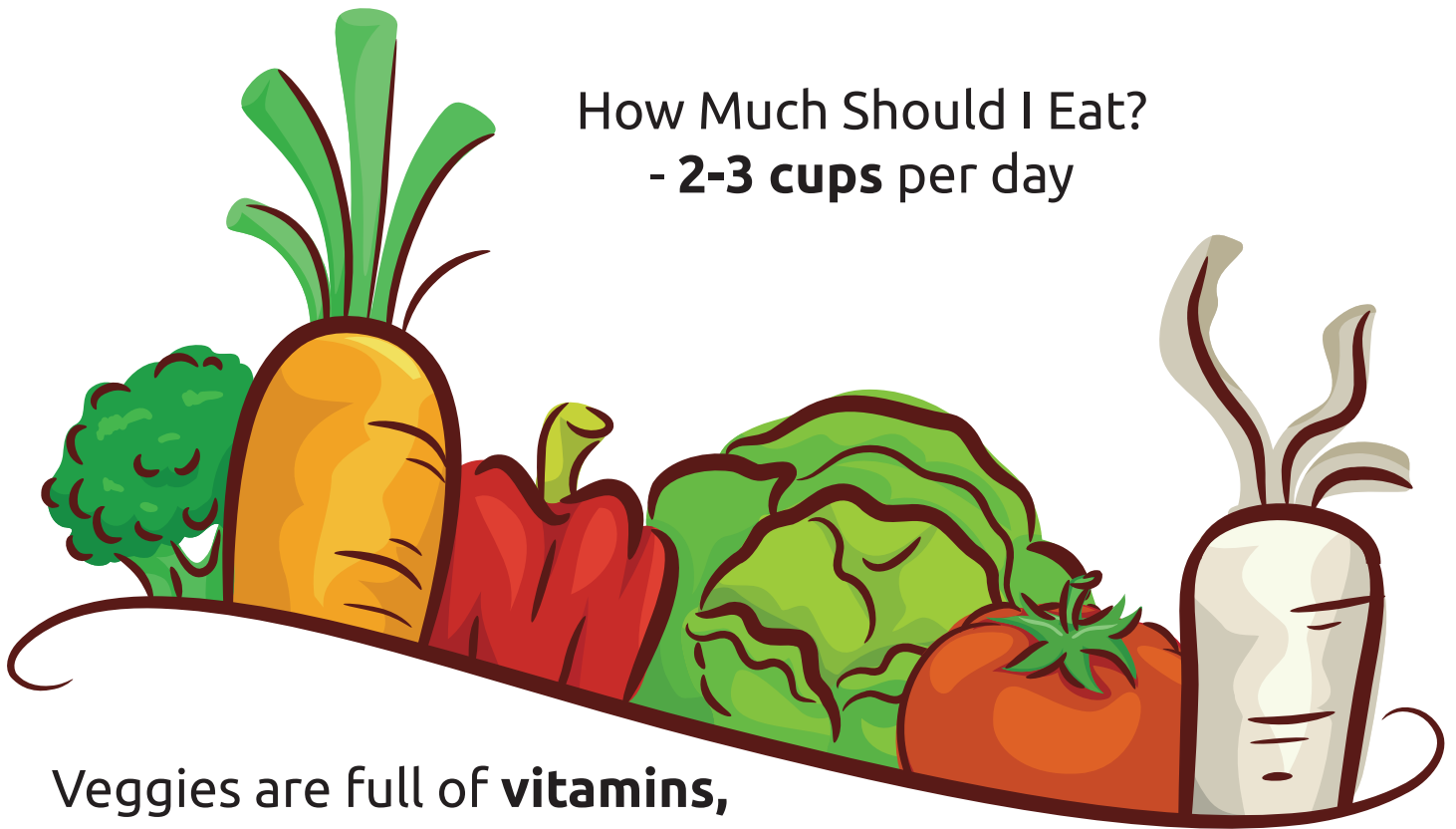
Ex: Bananas are high in potassium
- prevents cramping and maintains
healthy blood pressure

Low calorie, healthy snack!



Vegetables

How Much Should I Eat?
- **2-3 cups** per day



Veggies are full of **vitamins, fiber, and other nutrients!**



Easy Ways to Incorporate Veggies into your diet:

- snack on carrots instead of chips
- try spinach in a fruit smoothie
 - Side salad
- Beans/Peas : Great source of protein and other nutrients



Grains



How Much Should I Eat?

- **3 to 8 ounce-equivalents** each day
- 1 ounce-equivalent = 1 cup of cereal, 1 slice of bread, 1/2 cup of rice



Whole Grains:

- **At least 1/2** of the grains you eat should be **whole grains** (Oatmeal, brown rice, whole grain bread, quinoa)



Proteins

High in Protein:

-Meat, Poultry, Seafood,
Beans and Peas,
Eggs, Nuts

- **Plant-based:**

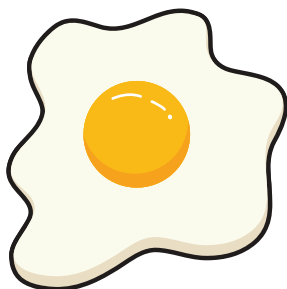
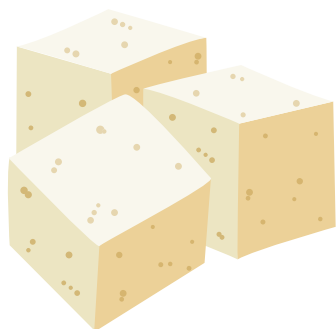
Soy products (tofu),
beans & rice,
peanut butter, nuts



How Much Should I Eat?

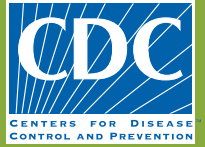
- **6-7 oz equivalents** per day

- 1 oz equivalent = 1 egg, 1 oz of meat,
poultry, or fish, 1 tbsp peanut butter



Why Should I Eat Protein:

- Gain Lean Muscle
- Utilized by our bodies in many different ways



Dairy



What is Dairy?

- Milk, yogurt, cheese

How Much Should I Have?

- **2-3 cups** per day

Full of **calcium** for bone strength and **protein**

Plant-based option:

- Calcium-fortified soymilk



Limit these foods:

- Foods high in saturated and trans fat
- High Sodium: Choose unsalted, reduced sodium, salt-free seasonings

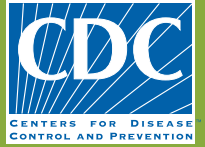


Nutrition Facts	
Serving Size	Box (g)
Amount Per Serving	
Calories	Calories from Fat
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 0g	
Vitamin A	0%
Vitamin B	0%
Vitamin C	0%
Vitamin D	0%

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	
Total Fat	Less than
Sat Fat	Less than
Cholesterol	Less than
Sodium	Less than
Total Carbohydrate	
Dietary Fiber	





Your turn!

Peanut Butter

Yogurt

Banana

Broccoli

Tortilla

Cereal

Bread

Chicken

Kiwi

Low Fat Milk

Tomato

Cheese

Carrot

Bagel

Rice

Spaghetti

