

Athlete's Guide to Good Nutrition

**Special
Olympics
Michigan**

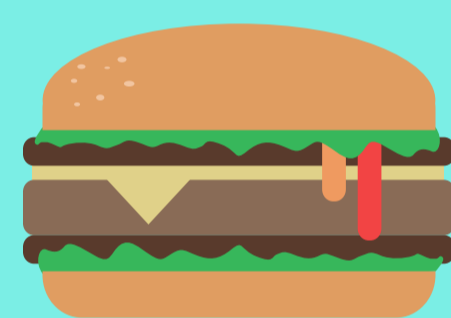
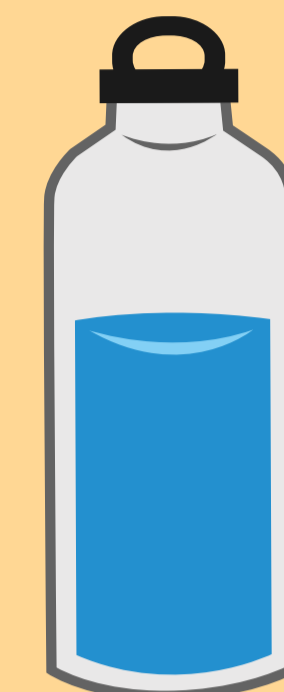


Plan Ahead

- Let your coach know if you have any food allergies or special diet needs.
- Pack healthy snacks and beverages.
- Review restaurant menus to pick out healthy options.

Stay Hydrated

- Choose water (avoid soda, sports drinks, energy drinks, and sugary coffee beverages which are dehydrating).
- Bring a refillable water bottle labeled with your name.



Choose Healthy Options on the Road



- Avoid fried foods.
- Purchase smaller portion size options, such as half-sandwiches or half-sized entrees.
- Choose fresh fruit or a side salad instead of fries or cookies.
- Ask for toppings and dressings on the side.
- Avoid sugary beverages.

Practice Healthy Portion Sizes at Home

- Refer to the serving sizes flyer on the next page.



Have Healthy Snacks

Snacking is a great way to help you meet your nutrition needs and maintain energy during practice and sports events. Choose snacks that:

- Include a whole grain, fruit, vegetable, dairy, or protein food,
- Have fiber, and
- Have a balance of protein, carbs, and fat (e.g. yogurt with berries and walnuts or celery sticks with peanut butter).

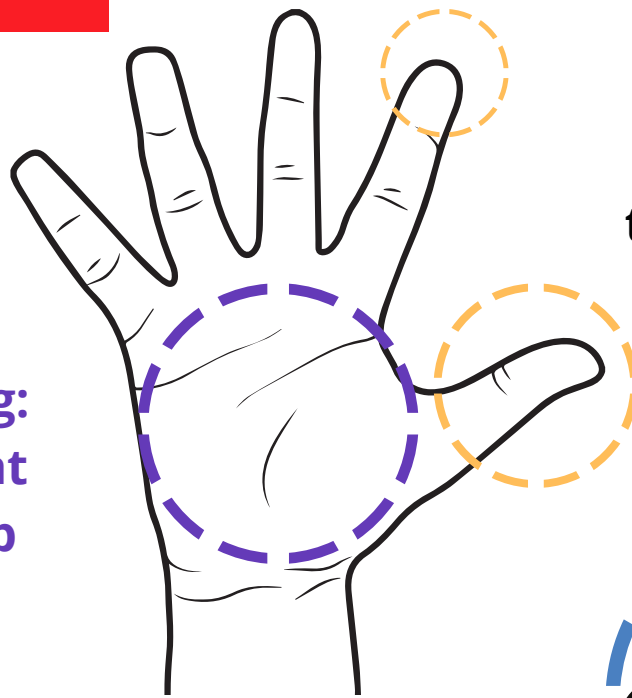


Handy guide to serving sizes

Fingertip:
Fats serving: 1 tsp of oil,
butter, or mayonnaise

Thumb:
Fats serving: 1
tablespoon of nut
butter

Palm:
Protein serving:
~3 ounces meat
or fish, 1/2 cup
beans



Fist:
Dairy serving: 1 cup
milk or yogurt

2 cupped
hands=serving of
leafy greens or 1
cup



**Cupped hand: Fruit and
vegetable serving: 1/2 cup
chopped fruit and raw or
cooked vegetables**

**Cupped hand
Grains serving= 1 cup
dry cereal; 1/2 cup
cooked rice, pasta or
cereal; 1 slice bread**