**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

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

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

2 cupped hands = serving of leafy greens or 1 cup

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