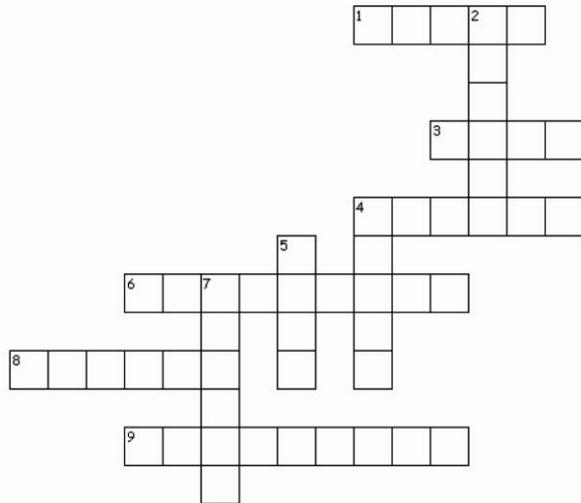


NATIONAL NUTRITION MONTH 2012



Tips to add more fruits and veggies to your day



Across

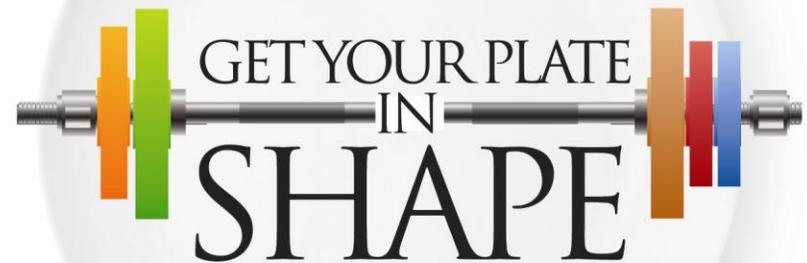
1. Reach for whole or cut up fruit rather than _____ to help increase fiber intake.
3. Vegetable _____ tastes great on a cold winter day.
4. Buy vegetables that are in _____ for great flavor and lower cost.
6. Cook fresh or frozen vegetables in the _____ for a quick and easy side dish.
8. _____ vegetables are quick and easy to use.
9. Adding fruit at _____ is easy and delicious!

Down

2. Use a lot of different _____ to provide a variety of nutrients.
4. Reach for fruits or vegetables for a quick healthy _____.
5. Keep a _____ of fresh fruit on the table for a quick easy snack.
7. Keep dried, frozen and _____ fruits on hand to supplement fresh fruits.

Reference: <http://www.choosemyplate.gov/>

NATIONAL NUTRITION MONTH 2012



Did you know that the topics in this pamphlet were chosen from questions sent to us by the Central Students Committee?

Nutrition in sports

Pre-sport eating:

Pre-exercise foods and fluids provide energy, while preventing hunger and dehydration during exercise. Eat meals 2-4 hours before starting activities, and snacks 1-2 hours before sports. Focus on fluids, carbohydrates and leaner protein. Energy drinks and caffeinated beverages are not recommended for athletes before or during exercise as they may interfere with athletic performance and health.

During sports:

Staying hydrated is key for all athletes. When exercise lasts longer than an hour, most athletes will need some carbohydrates to keep up their energy and focus. Sips of a sport drink, bites of a sport bar or fresh orange sections are practical solutions to fuel longer exercise sessions. Kids have a poor sense of thirst and need to be reminded to drink during sports. Dehydration can easily occur as an athlete sweats to cool off while exercising. Water is the best thirst quencher, but many children will drink more when their beverage is flavoured. Regular sips of an unsweetened, diluted juice or a sports drink during exercise are a good choice.

After sports:

To fully recover after activities young athletes should eat carbohydrates, protein, and fluids *as soon as possible*, especially if the athlete plans on being active the next day!

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Sports-Nutrition---Children-and-Youth/Fuelling-the-Young-Athlete.aspx>

A scoop on sport supplements

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Sports-Nutrition/The-Scoop-on-Sports-Supplements.aspx>

Vegetarian eating

There are many different kinds of vegetarian eating styles. Regardless of the type of vegetarian diet you follow, the foods you enjoy each day will impact how healthy your diet is. Like any other style of eating, the nutrients you take in depend upon the food choices you make. Knowing this, plan to choose a wide variety of nutritious foods each day.

- 1) Follow the food guide
- 2) Pay special attention to foods that provide the following nutrients, which can be lacking in a poorly planned vegetarian diet: proteins, iron and zinc, calcium and vitamin D, vitamin B12.

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Vegetarian/Getting-all-nutrients-on-a-vegetarian-diet.aspx>

Did you know that all foods served in your cafeterias are in accordance with the LBPSB Food & Nutrition Policy, providing a variety of different foods that give options through good food choices.

Feed your brain

For your brain to be at the best, it needs to be properly fed. Here are some brain-boosting suggestions to help you keep a sharp mind.

Breakfast kick-starts the brain so it's ready to work and learn. After a night of fasting, it needs to be refuelled. These foods in particular can have a good impact on brainpower. Eggs; once or twice a week, begin the day with a boiled egg provides half of your daily of choline and much-needed protein, which fills you up and provides long-lasting energy. Oatmeal: Whole grain oats contain soluble fibre with its effects may help reduce the risk of developing dementia and Alzheimer's disease. Blueberries: according to studies, blueberries get their distinctive colour from anthocyanin, a powerful antioxidant that has been found to reduce oxidative damage to brain cells.

A lunch packed with lean protein, whole grains, fruits and vegetables is your best bet for a productive afternoon. Chicken is a source of vitamin B12 which older adults are frequently lacking. Water; mild dehydration – even without a strong feeling of thirst – can still hamper physical and cognitive performance. Whole-grain bread; the brain's main source of fuel is glucose, which comes from the breakdown of carb-rich foods. Folate; a serving of asparagus for example can help boost your levels of this B-vitamin and helps you to improve your memory.

For more information, see the whole article on this website:

<http://magazinescanada.zinio.com/page/?issue=416180738&pg=60&categoryId=cat1460019>

175 mL apple juice
1/3 banana
120 g frozen fruits
2 table spoon yogourt
Mix it up

