

## **Point Boro Girls Track and Field**

### **HEALTHY EATING TIPS!!!**

(as suggested by all of you!)

Remember, your diet has a huge impact on your performance! Simply using one or two of these tips every now and then will not be of much help - *we must commit to a lifestyle change* whereby we are actively seeking out better foods and better habits. Remember also, every person's body is different and will respond differently to different foods - what works for one person is not guaranteed to be what's best for someone else. That all said, general habits of eating healthy and balanced meals on a regular basis almost always works! Here are some suggestions, as presented by you and your teammates and coaches:

Above all else: PORTION CONTROL!!! (i.e. don't go out for frozen yogurt and fill up 5 lbs of yogurt and toppings!!!)

#### **DRINKS:**

- WATER.
- Chocolate milk.
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- Naked juice.
- Did I mention WATER??

#### **FOODS:**

- Almonds.
- Apples.
- Apples with peanut butter.
- Avocado.
- Bananas.
- Celery with peanut butter.
- Cheerios with bananas. Also multigrain cheerios.
- Clementines.
- Grapes.
- Kale chips. Especially home baked.
- Laughing Cow cheeses.
- Oatmeal.
- Peanuts.
- Pecans.
- Rice cakes with peanut butter.
- Tuna. Whole steaks. Or canned/package tuna.
- Whole grain waffles with peanut butter and bananas.

- Whole wheat bagel thins, with peanut butter.
- Whole wheat toast, instead of white bread.

**SUBSTITUTIONS/ADDITIONS:**

- Broccoli. Steamed and added to your mac-n-cheese.
- Raisins added to a salad.
- Raisins added to oatmeal.
- Grilled chicken (in place of fried).
- Pecans added to oatmeal.
- Spinach. As the base of your salad, instead of lettuce.
- Spinach. Steamed and added to your mac-n-cheese.
- Vegetables added to your pasta dishes.
- Waffles. Whole grain, instead of regular Eggo.
- Get your dressings and syrups on the side and dip, rather than pouring on top.