

Nutrition and Physical Performance

November Issue, 2009

Healthy Holiday Eating Tips for Thanksgiving!

- Don't go to Thanksgiving dinner hungry!
- Choose white meat turkey without the skin!
- Limit high fat items, like mashed potatoes, green bean casserole and candied yams!
- Check out the Thanksgiving buffet before filling your plate up!
- For stuffing, use olive oil instead of butter, whole wheat bread instead of white and nuts/dried fruit instead of sausage!



Heart-Healthy Holiday Hints

- 1. **STRIVE FOR FIVE-A-DAY:** Ensure that you eat five or more servings of fruits and vegetables a day. Promise yourself that before you'll indulge in any holiday "goodies" you'll first eat your five-a-day.
- 2. **ALL FOODS FIT:** Surround your holiday plate with whole grains, lean protein choices, and fruits and vegetables. Remember that treating yourself to a special holiday dessert is part of a healthy lifestyle.
- 3. **DON'T OVEREXTEND YOURSELF:** It's easy to get caught up in the whirlwind. You may have offers for parties, family gatherings, school functions, etc. It's okay to say no in order to take care of yourself. If you commit to too many events, it's easy to get stressed and start making not-so-healthy food choices.
- 4. **UTILIZE HEART-HEALTHY OPTIONS:** Flavor baked goods with cinnamon, vanilla or nutmeg versus sugar, replace oil with applesauce in cakes, and get creative with healthy new recipes!

See Delicious Stuffing Recipe on the Back!

Athlete Spotlight Corner

Caitlin McCarthy, Track and Field

1. What impact do you personally believe nutrition has on being a student-athlete?

I believe that nutrition has a very large impact on my running performance. I have discovered that it is important to plan my diet according to the time and the intensity of the workout for the day. When I eat right, I feel so much better at practice. It is crucial for me, and all athletes, to fuel our bodies correctly so we can excel in every practice, meet, or game.

2. What areas of your diet improved after meeting with the Registered Dietitian?

After meeting with the Registered Dietitian my pre and post practice diet has improved. I do my best to eat a snack about an hour to an hour and a half before practice. Also, within 30 min after practice I try to have some Gatorade and a snack to refuel.

3. If you could be any food - what would you be and why?

I would be Peanut Butter M&Ms because they are my favorite candy!

