

## Eat to Compete – Where Do I Start

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The secret to healthy living is getting physical, and eating wisely. Athletes, whether they're recreational or high performance, have no trouble getting physical. Eating wisely, on the other hand, can be tricky for the average person, let alone someone who's training and competing. For an athlete, how you eat is how you compete - good food choices are essential to success.

Your body needs more than 50 nutrients every day to stay energized and working its best. The foods you choose, and how much you eat, determine if you're giving your body what it needs. It sounds complicated, but help is out there. Canada's Food Guide is an easy tool to help you make the best food choices to supply your body with all those important nutrients.

The Guide gives a range of recommendations, based on age and gender, for the daily servings from each of the four food groups (Grains, Vegetables & Fruits, Milk Products, and Meat & Alternatives). Many Canadians don't even eat the minimum servings from some food groups, so start by making sure you're at least getting the recommended number of servings from every group. During training you may need more than the upper range of servings from the Grains group and the Vegetables & Fruits group. These groups provide carbohydrate – your body's main fuel during exercise. If you want to get the most from your training, make sure you're getting enough servings from these two food groups.

To create your personalized Food Guide based on the foods you enjoy, visit [www.myfoodguide.ca](http://www.myfoodguide.ca)

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Courtesy of Manitoba Chicken Producers

Manitoba Chicken Producers represents 143 farm families raising chickens that are free-run, grain-fed and free of added hormones. For more information on buying locally grown chicken, visit the Buying Guide at [www.chicken.mb.ca](http://www.chicken.mb.ca)