

Eat to Compete Colour your world!

by Karen Armstrong RD

Summer and early fall are the best times of the year to colour your world. I don't mean painting the house, although this is a good time for that chore. I mean colouring your world with fresh fruits and vegetables. This is the time to really enjoy all the incredible local and Canadian produce. Whether you're raiding your garden, visiting a farmer's market or shopping at the local grocery store, look for fruits and veggies with lots and lots of colour. Think luscious red strawberries, cherries and tomatoes; deep purple beets, blueberries, blackberries and saskatoons; bright orange carrots, pumpkins, sweet potatoes and squash; dark green broccoli, romaine and spinach – the list is as long as a summer day.

Fruits and veggies provide fibre, antioxidants, and many essential vitamins and minerals. Some are quick carbohydrate sources to give you an energy boost for training. Most don't need a lot of preparation, many are perfect portable snacks, and they all taste great. Teens and adults need a minimum of 7 servings of fruits and veggies everyday. Athletes need even more.

C'mon Manitoba, let's all add a little more colour this summer.

Karen Armstrong is a Registered Dietitian with Manitoba Chicken Producers (www.chicken.mb.ca). She's an age group triathlete, recreational skier and parent of a competitive swimmer. Look for more tips and information on eating to compete in upcoming issues of Coaches Clipboard. Karen can be reached at karmstrong@chicken.mb.ca

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