

Five Ways to Eat Like an Olympian

Rose Reisman Shares a Complete Day of Food

If you haven't given nutrition much thought, you may want to start now.

While many factors contribute to an athlete's performance – nutrition is one of the most important variables. Proper nutrition can make you a better player by giving you an edge; it can be the difference between winning and losing. Whether you are a member of the 2010 Winter Olympics team, a high school athlete, or an active adult, these 4 simple tips and recipes can make a big difference in your performance and overall well-being.

1. DEVOUR BREAKFAST.

Your mother was right: breakfast is the most important meal. Don't start the day with an empty fuel tank. Without an adequate breakfast, you'll lack the necessary energy to compete on the track, in the field, or at the gym.

Whole-wheat pancakes, whole grain toast, and steel cut oatmeal are all great breakfast choices that will leave you satisfied and energized. Add low fat yogurt, skim milk, lean sausage, or eggs for good protein.

Here's great breakfast options for you...

- Mexican Omelette with Black Beans, Cheddar and Salsa
- Poached eggs over smoked salmon on a whole grain baguette with goat cheese sauce

2. SNACK THE RIGHT WAY (Through-out the day)

Smart Pre-workout Nutrition goes hand in hand with the importance of a healthy breakfast. If training is in the afternoon, or several hours after your last meal, your pre-workout nutrition becomes even more vital.

Keep snacks on hand that are high in carbohydrates and light on protein and saturated fat.

Proper Hydration is also a key to good nutrition. The body needs water to function, especially during intense training or exertion. Dehydration of as little as 2% body mass can decrease muscular strength, muscular endurance, and anaerobic work capacity.

The majority of your hydration should come from water. However, sports drinks can help replace electrolytes that are lost during exercise.

A **Strong Immune System** is the best way to prevent illness during a rigorous travel and training schedule. You can build that strong immune system by eating smaller amounts of food more frequently. Instead of three large meals a day, split up the same amount of food into five smaller meals.

Stay healthy by stocking your diet with real foods first and as last resort use energy bars if needed. Here are a few great examples:

- Strawberry Yogurt Parfait with Granola
- Homemade Trail mix
- Low fat cheese with fruits like apples, bananas etc
- Wasa flatbread with peanut butter & sliced Bananas
- Dried fruits about 1/3 cup

3. EAT THOSE CARBS (Lunch)

The promotion of low-to-no carbohydrate diets, such as the Atkins Diet, has given carbohydrates a bad reputation. For athletes, carbohydrates are nonetheless extremely important. Not only are they important for optimal physical performance, but they also help you to concentrate, stay focused, and remain mentally sharp. You must consume enough carbohydrates to replace the day's depletion.

A good carbohydrate choice includes...

MEDITERRANEAN ROASTED CHICKEN

with caramelized onions, sundried tomatoes, roasted artichokes, olives and feta cheese

CAJUN FISH SANDWICH

seasoned tilapia fillet served open faced on a multigrain baquette, topped with mango-avocado slaw

4. PACK IN THE PROTEIN (Dinner)

Athletes need high levels of protein to help rebuild muscles broken down by physical activity and to aid in carbohydrate storage. Without the necessary proteins, an athlete's body will succumb to injury, illness, poor performance, and fatigue.

An athlete's elevated protein requirements can be met by a well-planned diet, typically without the need for additional supplements.

Media Contact: Parmjit Parmar
T: 416-750-0966 e: parmjit@montanaridge.com

Get those vital proteins from...

GOURMET TURKEY BURGER

topped with dried fruit chutney, served with sweet potato wedges and asparagus

ASIAN BLACK COD

Steamed with black bean sauce, served with Asian vegetable stir-fry and Aztec rice

5. Eat Desert in Moderation

No food should be limits -- if you tell yourself you can't eat desert then you are more likely to eat larger portions. The key is to eat healthy most of the time, but if you want dessert, or a glass of wine then have it.

Here are a few great sweet tooth pleasers:

- Fresh fruit salad
- Triple chocolate brownies
- Peanut butter cheesecake in a shot glass

About Rose Reisman:

Rose Reisman has enlightened, entertained and uplifted Canadians for over two decades. While best known for her many popular cookbooks, she has also written extensively on topics, which include fitness, chronic disease prevention, weight management, career stress, nutrition trends, parenting and dealing with challenges of a rapidly changing world. Rose practices what she eats! Rose is a remarkably fit woman with four grown children and a very full and rewarding career. Rose embodies a true zeal for her message.

Rose is a sought after speaker on TV and radio, a regular newspaper contributor, an owner of a catering company and a food delivery service, consultant to Canada's leading food suppliers and most recently has opened her first restaurant Glow, incorporating her philosophy. Rose has an engaging personality that has impacted on how Canadians live.

For more information:

Visit **Rose's** website www.rosereisman.com and more about Glow Fresh Grill and Wine Bar visit www.glowfreshgrill.com.