



## TRAINING TABLE TIPS FROM THE PROS

Whether you are a star athlete or simply enjoy regularly participating in physical activities like dancing, soccer, tennis or biking, you need to get the right balance of nutrients every day to maintain overall performance and health. These tips can help ensure a proper training table diet to fit an active lifestyle.

### Eat for Activity

Depending on activity level, the caloric needs of an active individual may be more than those of a less-active person. It's your choice so pick an activity that fits into your lifestyle. Physical activity can make you feel stronger and more alive. It is a fun way to be with friends and family and improve your overall health.

### Protein Power

Not only does protein help provide energy, it also supports growth and repair of muscle, bone and other body tissues. Low-fat and fat-free milk, yogurt and cheese are a good source of high-quality protein and essential vitamins and minerals.

### Energy Packed Carbs

Carbohydrates are the body's main source of energy during physical activity. Eating foods that include carbohydrates, such as whole grains, fruits, starchy vegetables and low-fat and fat-free dairy foods, about three hours before exercising can help keep energy up.

### Building Bones

Although exercise plays an important role in keeping bones strong, calcium and other nutrients play another important role. Most Americans are not getting the recommended amount of calcium in their diet, increasing their risk for osteoporosis. Physically active people should include low-fat and fat-free dairy foods on their training table to help nourish their body and improve and maintain healthy bones. Here are recommendations made by the Food and Nutrition Board, Institute of Medicine on how much calcium people should be getting each day, based on their age: ages 4-8 need 800 mg of calcium; ages 9-18 need 1,300 mg of calcium; ages 19-50 need 1,000 mg of calcium; and ages 51 and over need 1,200 mg of calcium. Each one cup serving of milk provides about 300 mg of calcium.

### Growing Years

Teens and kids need even more calcium each day during this bone-building period to keep their bones strong and their bodies growing. For adolescents to help meet the 1,300 mg calcium recommendation, the American Academy of Pediatrics recommends four servings of low-fat or fat-free milk or equivalent milk products per day.

### Staying Hydrated

It's important to drink plenty of fluids throughout the day, especially before, during and after physical activity. Dehydration can affect performance and can be very dangerous. Low-fat and fat-free milk not only contains protein and carbohydrates that provide energy, but is also 90% water, making it a nutrient-packed thirst quencher. For those who want a flavor burst, a single-serve container of flavored milk, such as chocolate or strawberry, has the same nutrients as regular milk and offers a great beverage choice.

