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In many sports, athletes may need to lower their body fat or weight, in order to achieve the fastest speeds or the highest strength to mass ratio. Yet, low Calorie and low carbohydrate diets can often interfere with training demands and impair performance. It is a delicate task, to ensure the athlete is getting enough high quality nutrition to sustain muscle performance, while cutting out extra calories from the diet. Consult your sport dietitian to set a realistic weight loss goal and create a healthy and effective nutrition plan that protects your performance. Athletes under 19 years of age should consult a physician and dietitian before attempting any weight loss measures, to ensure healthy growth and development. Below are a few healthy eating tips that can help you to start trimming down your diet.

Step 1. Eat more earlier in the day.

- Include protein like eggs for breakfast, to reduce your hunger, so you don't overeat later
- Eat 60% of your food before 4pm and have healthy snacks every 3 hours.

Step 2. Include vegetables, whole grains and protein at every meal.

- The key to losing weight is to have filling foods that leave you satisfied, and not craving a couple hours later. The fibre found in vegetables, fruits, whole grains (sprouted grain bread, whole grain pasta, brown rice, oatmeal), as well as lean protein foods (skinless chicken, lean beef, fish, tofu) are very filling and leave you feeling satisfied long after your meal.

Step 3. Reduce portions.

- Fill half of your plate with veggies and include a moderate portion of protein and starch. Limit extra helpings, desserts and appetizers.

Step 4. Cut back on the drinks. Drink water most of the time.

- Limit juice, milk and energy drinks. 100% natural juice has the same amount of sugar as coke.
- A case of beer equals half a pound of fat. Every shot of gin, vodka or other hard liquor has the same amount of Calories as a beer.

Coffee shop muffins, banana bread, scones and squares are cakes in disguise. Before you reach for that blueberry muffin, beware that most muffins have twice the Calories and fat as a donut!



Step 5. Avoid fancy coffees and baked goods.

- Beware of coffee drinks laden with syrup, whip cream and chocolate flavourings. they can pack up to 600 Calories!

Best fast food choices

- Pita pit
- Quiznos
- Subway
- Taco del Mar
- Wrap zone

Step 6. For snacks, choose fruits and vegetables.

- Replace the granola bars and crackers with fresh fruit or raw veggies.
- Try almonds, hummus, tuna, plain yogurt, cottage cheese, soup, edamame or even half a sandwich.

Step 7. Cook at home more often and eat out wisely.

- Say "No" to the combo, to avoid an extra 800 Calories.
- Ask for salad instead of fries. Avoid creamy dressing.
- Avoid appetizers because they are usually deep fried, covered in cheese or served with creamy dips – and often pack over 1000 Calories!
- Avoid mountains of pasta and instead look for dishes that have measured portions such as steak, chicken and fish dishes.
- Choose meat that is grilled instead of fried. Fried chicken, fried fish and sweet 'n sour pork are all covered in fat.
- Choose thin crust vegetarian pizza, instead of extra cheesy or meat lovers pizzas.
- Choose grilled, baked, boiled or steamed dishes instead of fried, cheesy or creamy dishes.

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