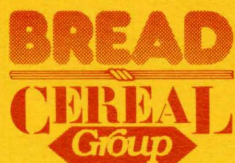



Four of these food groups should be familiar to you but they are still what count for good eating. And there's another group to be remembered now — **fats, sweets, and alcohol**. Foods in this group offer mostly calories with few nutrients. Be wary of foods in this group if you are concerned with extra pounds.



Prepared by Pauline Mairs, Iowa State University extension nutritionist.

Contact your local County Extension Office for more information.

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Athlete Coach Parents

The athlete — performance

Top performance doesn't just happen. Behind it are habits that can't be compromised — eating right, getting enough sleep, and following the coach's guidance in practice and training programs. A desire to be "number one" also helps.

The right foods support physical fitness while maintaining desirable weight and allowing development of strength and stamina.

There are no magical foods that give a winning edge.

Balancing nutrients and calories takes know-how. Staying at best weight means eating a variety of plain foods but cutting low-nutrient foods like sugars, desserts, fats, and soda pop.

The coach — preparation

Athletes listen most of all to the coach. Most coaches recognize that a winning effort comes from having athletes at their peak — with proper training, eating habits, weight, and desire.

The knowledgeable coach guides athletes toward correct weight by promoting a sound diet. If weight loss is necessary, the coach

- permits no crash dieting or fasting.
- offers an increased exercise program.
- allows sufficient time for cutting weight.

A good coach encourages eating three meals a day

plus snacks for the extra calories (even the weight watcher can plan for snacks). Breakfast is a must.

The parents — training table

Parents usually determine what foods are served on the home training table. Athletes need the same nutrients as their noncompetitive friends.

The home training table helps protect the health of the athlete and provides energy for top effort, strength, and stamina when meals are balanced by use of a variety of foods.

Support for a weight-watching athlete includes serving low-calorie meals and making available wise choices for snacks. Keep the cookie jar hidden. Avoid buying sweets, chips and dips, and foods high in salt or fat, such as nuts and luncheon meats. Provide refrigerator space for fruit and vegetable snacks, skim milk, and ice milk.

The winning combination

Food is food — yes and no. Food provides both nutrients and calories. The key to smart eating is to balance the two. Eating a variety of foods will help you do that.

Those athletes who aren't concerned with weight problems need lots of calories to provide energy for extra activity. Those watching or trying to lose weight need to be careful to provide nutrients and not extra calories — everything eaten must count for nutrients.