

Nutrition Tips

NUTRITION: THE INTAKE OF FOOD AND ITS INFLUENCE ON YOUR HEALTH

Overview:

Adjusting eating habits and diet following the transition into post-sport life can play a major role in psychological wellbeing. Retirement from an athletic career can result in drastic changes to our bodies, maintaining healthy eating habits can help limit these changes.

- Meet with a Registered Dietician
- Track eating with a nutrition log
- Create an eating schedule to limit unnecessary snacking
- Create a weekly meal plan to ensure healthy eating and shopping
- Prepare meals ahead of time to limit eating out
- Limit the amount of junk or snack foods in your home

Notes

“To eat is a necessity, but to eat intelligently is an art.”
- La Rochefoucauld

Daily Nutrition Log

Record all of the food you consume at each meal, try to be as precise as possible

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Snack #3

Notes

"He who has health has hope, and he who has hope has everything."

- Arabian Proverb

Daily Eating Schedule

Create a schedule of when you will aim to eat each meal. Adjust the schedule as your body adjusts to your new routine.

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Snack #3

Notes

“The first wealth is health. “
- Emerson

Weekly Meal Plan

Planning meals can help ensure healthier eating and make shopping for groceries easier

Monday

Breakfast

Lunch

Dinner

Snacks

Tuesday

Breakfast

Lunch

Dinner

Snacks

Weekly Meal Plan

Planning meals can help ensure healthier eating and make shopping for groceries easier

Wednesday

Breakfast

Lunch

Dinner

Snacks

Thursday

Breakfast

Lunch

Dinner

Snacks

Weekly Meal Plan

Planning meals can help ensure healthier eating and make shopping for groceries easier

Friday

Breakfast

Lunch

Dinner

Snacks

Notes

"It is health that is real wealth and not pieces of gold and silver."

- Mahatma Gandhi

Weekly Grocery List

Once meals are planned, creating a detailed list helps to make shopping easier and most cost effective

Fruits and Vegetables

Dairy

Meat and Eggs

"If you keep good food in your fridge, you will eat good food."

- Errick McAdams

Weekly Grocery List

Once meals are planned, creating a detailed list helps to make shopping easier and most cost effective

Baking/Spices

Condiments/Sauces

Others

“Love yourself enough to live a healthy lifestyle.”
- Jules Robson