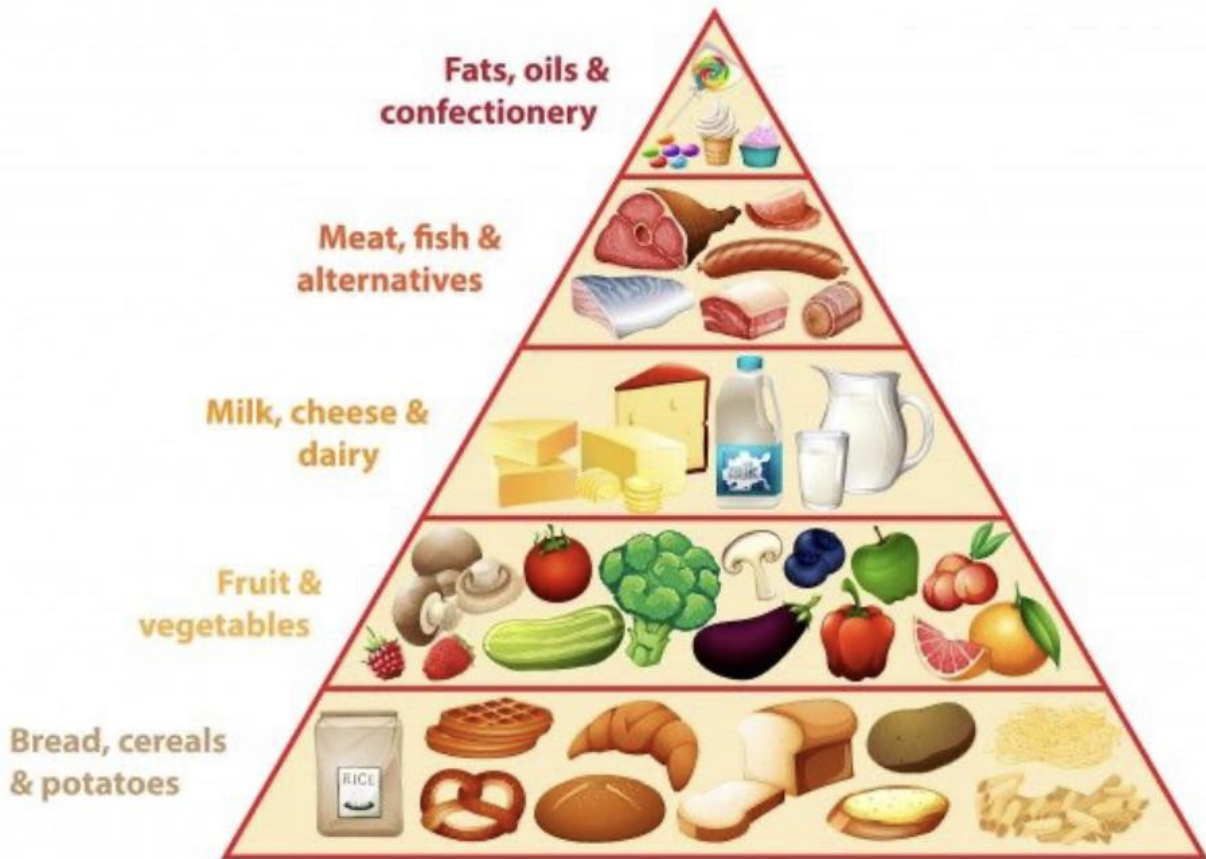


Weekly Update on Important Athletic Food Balanced Diet
Taylor Pieri-College Sports Editor
Weekly Contributor: Sports Health

Everyone is told to eat a nutritious balanced diet to stay healthy and take care of their body. However, for college athletes and even professional athletes, etc, it is really important to take care of your body and know you are putting the right foods in your body to stay healthy and help performance too. For example, staying hydrated is very important for your body especially when working the body at such a high intensity level. Sometimes athletes find it helpful to use electro-lighters to give them a little boost in staying hydrated because water sometimes doesn't always do the job and electrolytes are good for the body as well.

Making sure to eat enough food/meals and the right food groups, comes into play as well. Protein is very important, it builds muscle and your body needs protein as one of the main food groups. (The food pyramid is a great example of the food groups and balanced meals) Vegetables and fruit are also important! Fast food and sweet treats are okay here and there but in moderation. It's important to take care of YOUR body!



Healthy Food Pyramid