

THE SEVEN RULES OF NUTRITION FOR ATHLETES

Introduction by past Gold Medal Training Camp Coach Shannyn Gillespie. Shannyn works full-time coaching kids in the Black Kats Wrestling Club in Evanston, IL. He was a Division I NCAA All-American and IL State Champion. Seven Rules of Nutrition provided by the National Wrestling Coaches Association (NWCA).

It is important to understand that combining exercise with good nutrition helps to facilitate an efficient, healthy body and mind. Also important, is to comprehend the Recommended Dietary Allowances. What follows is a brief overview of the aforementioned.

The regular intake of foods that are high in fat, sugar, salt, and cholesterol do more damage to your body than good. These foods increase your chances of stroke, kidney failure, heart disease and obesity, while decreasing your motivation to exercise. These foods also inadequately fuel your body; your body will perform at a low, efficiency rate because it was polluted with foods that lacked high nutritional value. The United States Department of Agriculture suggests the ABC's for good health includes choosing a variety of grains daily, especially whole grains, and a variety of fruits and vegetables daily.

The foods you eat should increase your overall energy level while decreasing your chances of chronic diseases. The Health and Human Services also believes to choose a diet that is low in saturated fat, cholesterol, and moderate in total fat to decrease your likelihood of stroke, kidney failure, heart disease and obesity. Choosing foods with lower salts and sugars will decrease your caloric and sodium intake, while increasing your nutritional value; this leads to efficient food consumption and decreases the risk of high blood pressure. The Dietary Guidelines for American's suggest choosing beverages and foods that moderate your intake of sugars and prepare foods with less salt to lesson unnecessary weight gain and high blood pressure.

The International Food Information Council (IFIC) believes a wide variety of foods rich in essential nutrients are necessary for healthy, growing bodies. Many of these foods can be seen in the below "Food Guide Pyramid". The IFIC went on to say such foods include carbohydrate-rich grains and fruits and vegetables necessary to supply vitamins, minerals, fiber and energy vital to good health. Adequate amounts of dairy products, lean meats, fish, poultry, eggs, dry beans and nuts also provide nutrients that contribute to proper growth and development. Following this prescription and exercising increases your health while adding life to your years.