

Nutrition Corner

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Welcome to the Club Kaboom's Nutrition Corner!



In keeping with the club's philosophy, we have added a new area to aid athletes with their quest to always be able to do their very best and to strive for their absolute goals. Fueling the body with the right foods is as essential as practicing on a regular basis in meeting your goals.

Below is a schedule of events and/or topics to be presented on this site and/or at meetings:

- October Let's review the basics (presented on 10/28)
- November The importance of Carbs, fats, and protein
- December Why we need calcium, potassium, sodium and other nutrients
- January Better diet planning with labels, snacking, and meal planning
- February Let's eat for Peak Performance
- March Eating for Tournament Play
NATIONAL NUTRITION MONTH
- April What do you want to know?
- May Hydration and Summer Eating

IMPORTANT LINKS TO HEALTHY EATING:

<http://www.mypyramid.gov>

<http://www.mypyramid.gov/kids/index.html>

<http://www.mypyramidtracker.gov/>

OCTOBER'S NUTRITION VOLLEY:

In 1992 the first Food pyramid was developed by USDA. Later, many health care professionals believed it was not keeping up with current nutrition research. Portions were never defined, so then came the new and improved Food Pyramid, "Mypyramid", that includes the latest Dietary guidelines for Americans. Mypyramid can *individualize* your needs by age, height, weight and activity. Just follow the link above. Pretty neat stuff!