

GYMNASTIC TIP #5



NUTRITION

Breakfast helps your metabolism start burning fuel for the day and helps regulate hormones and blood sugars, preventing overeating later on in the day. Start the morning with a healthy breakfast that has a good source of protein, fiber and fruits or vegetables.

Good protein sources at breakfast include eggs, plain greek yogurt, cottage cheese, or nuts and seeds.



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Cara has provided individual nutrition counseling for a wide range of athletes, from competitive to recreational. Originally from Winnipeg, Cara graduated from the University of Manitoba (BSc, Human Nutritional Sciences, 2005) and went on to complete a combined dietetic internship and Master of Applied Nutrition degree at the University of Guelph (2006). Cara is a provider for the Canadian Sports Centre and Cara is committed to educating people about optimal nutrition.