



Healthy Eating Tip

Fish and seafood contain many nutrients such as iodine, zinc, potassium, vitamin B and are a rich source of omega-3 fatty acids. Omega-3 fats are essential fats that are found in fish, nuts, and seeds, like chia, flax, and hemp seeds. To increase your intake of omega-3's try to eat fatty fish twice a week, and include nuts and seeds in your diet on a daily basis.



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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.