

HEALTHY DINNER SIDES

Beans

Beans are a very nutritional food for athletes to consume on a regular basis. It helps athletes lower their cholesterol and they have a high amount of protein in them. If you remember, protein helps athletes build stronger muscles, which makes you a better athlete and can prevent injuries. Beans also have high amounts of fiber, which can protect against heart disease.

Carrots

Carrots contain lots of vitamin A, which is an essential vitamin for athletes. It helps maintain strong vision and can also help prevent skin infections. Carrots also help boost the immune system, which keeps athletes healthy. If an athlete suffers an injury, carrots can help them heal faster by helping to repair damaged cells. If an athlete doesn't like carrots, then try sweet potatoes for similar health benefits.

Cauliflower

Cauliflower is a vegetable that should be eaten at least 2-3 times each week. It contains a high amount of antioxidants, which protect the body from diseases like cancer. Cauliflower also contains Vitamin C, which can help prevent serious infections and strengthen gums, teeth, and bones.

Kale

Kale is the one vegetable that an athlete absolutely needs to consume regularly. Kale is a leafy green vegetable and is a great substitute for lettuce on a salad. It contains tons of vitamin K, which can help an athlete prevent fractures or breaks, since it can reduce bone loss. It also helps the blood clot regularly in case an athlete cuts or scrapes themselves. Kale also helps older athletes prevent arthritis, osteoporosis, and other bone diseases.

Reading Questions:

- 1.) Name a benefit of eating beans.**
- 2.) How do carrots help us as athletes? What's a substitute for carrots?**
- 3.) Cauliflower contains a high amount of _____, which protects us from diseases like _____.**
- 4.) What vitamin does kale contain a lot of? How does this vitamin help us as athletes?**
- 5.) Which of the 4 foods do you eat at least once a week? Which one will try to add to your diet?**