

# Making Smart Food Choices

## Sasha Cohen's Tips For Peak Performance

(NAPSA)—Whether they're members of Generation X, Y or Z, girls can get the energy they need for active and healthy lifestyles if they know the A-B-Cs of good nutrition. That's the message shared by Olympic figure skater Sasha Cohen and it's getting cheers from fans and nutritionists alike.

Cohen, who amazed audiences with her grace and skill at the 2002 Winter Olympics, says making smart food choices has been a key to her success—and this will help all kids look and feel their best.

"Eating smart and staying in shape are two important things girls can do to stay energized and feel great," explained Cohen. "Eating a variety of nutrient-rich foods like beef, fresh vegetables, fruit, pasta and yogurt have helped me stay on top of my game."

Cohen and registered dietitian and sports nutritionist Dayle Hayes offer the following tips for peak performance:

**Variety Always Wins**—No one food contains all the nutrients kids need, so remember—variety is key. Cohen eats meals like beef stir-fry with crispy vegetables and fresh fruit salad to stay ahead of the competition. Beef has protein, iron and zinc; peppers have vitamins A and C; and rice has high-energy carbohydrates.

**Beauty Is More Than Skin Deep**—For a strong, beautiful body, bone food—cold milk, yogurt and flavorful cheeses—is important. What you eat also affects your skin and hair. That's why eating smart will give girls a boost in the beauty department, too.

**Stay Active**—Cohen spends a lot of time training, but for kids across the country—one hour of activity each day makes a big difference. Rollerblading, dancing,



**A well-balanced diet gives Sasha Cohen the fuel she needs on and off the ice.**

bike riding, swimming or fast walking are all great ways to stay in shape.

**Don't Sacrifice Key Nutrients**—To rise to the top, girls need bodybuilding nutrients like protein, iron and zinc. It's a real drag to have your energy zapped by some silly diet. The advice is simple, enjoy all foods, just don't overdo it.

**Eat, Sleep And Be Merry**—Getting enough sleep is key to being alert in school and performing well. Girls should also drink at least eight glasses of water a day. Remember to have fun too and don't sweat the small stuff. A positive attitude goes a long way.

A habit of working hard, eating smart and staying in shape helped Sasha Cohen become one of the top figure skaters in the world. This advice will help all kids be the best they can be. For more tips, visit [www.Burgertown.com](http://www.Burgertown.com).