

Bread Hits A Homerun

(NAPSA)—Play ball! Athletes are taking to the field in celebration of America's favorite pastime, baseball. But even when armed with the best equipment, they won't get very far without a personal commitment to good nutrition. From hometown little leaguers to the World Champion Boston Red Sox, one thing is certain—a well-balanced sports diet is every athlete's key to optimal performance this season.



Studies have consistently shown that carbohydrates, including bread, enhance sports performance and stamina. And with the new USDA dietary guidelines emphasizing the need for grain-based foods, the facts are clear—carbohydrates are essential for fueling muscles and providing the energy required to run the bases.

“It’s simple—sports-active people who fuel their muscles with wholesome breads and other grain-based and carbohydrate-rich foods will perform better than people who shy away from these foods,” said Nancy Clark, MS, RD, author of *“Nancy Clark’s Sports Nutrition Guidebook,”* nutrition consultant to members of the Boston Red Sox and advisory board member of the Grain Foods Foundation. “Carbs, including bread, are a vital source of fuel for physical activity at any level. You can’t hit a home run with an empty tank.”

Baseball enthusiasts can learn more about the many benefits of bread and grains by visiting www.grainpower.org.