



Eat Like an Olympian

How Olympians Eat

You may have heard about Olympians eating thousands of [calories](#) a day. They train for hours so they need to replace the energy they burned. They often work with [registered dietitians](#) to make sure they're getting enough energy to meet their needs. While you might not train as hard, proper nutrition is important for everyone. To find out how many calories you need, check out a [calorie calculator](#). State health plan members can talk to a registered dietitian at no cost. Just call 888-741-3390.

Planning Meals

Elite athletes plan their meals around their schedules. They have to make sure they are getting the proper foods before and after training and events. You don't have to be an athlete to meal plan and prep. We all have busy schedules and spending a little time [planning meals](#) can make all the difference. It also helps reduce the urge to pick up convenient meals like fast food. When planning meals, it is good to make them well-balanced:

½ meal [non-starchy vegetables](#)+¼ [starchy vegetable](#) or [grain](#)+¼ [protein](#)

Also include some [dairy](#) (or [non-dairy alternative](#)), [fruit](#) and [healthy fats](#)

Hydrate

Staying [hydrated](#) is an important part of an athlete's routine. And it's important for everyone else too! Hydration needs vary. For many people, six to eight, 8-ounce glasses of water a day is typically enough. Besides water, other [great ways to hydrate](#) include low- or no-calorie drinks and water-filled foods such as soups, sugar-free popsicles, cucumbers and tomatoes. Sports drinks help keep you hydrated during [high-intensity exercise](#) in hot weather, but they tend to be high in calories and sugar.

Whether you're gearing up for an Olympic event or a bike ride around your neighborhood, be sure to fuel your body well!