

#### **CAMBRIDGE**

40 George Street N. Cambridge, ON N1S 2M8 Tel: (519) 622-4529

Fax: (519) 622-3563 cambridge@grsm.ca

### KITCHENER - South

700 Strasburg Road Kitchener, ON N2E 2M2 Tel: (519) 571-7111 Fax: (519) 571-8145

kitchener@grsm.ca

16 Andrew Street Kitchener, ON N2H 5R2 Tel: (519) 804-9164

KITCHENER - Downtown

Fax: (519) 804-9698 downtown@grsm.ca

# **GYMNASTIC TIP #5**



## NUTRITION

Breakfast helps your metabolism start burning fuel for the day and helps regulate hormones and blood sugars, preventing overeating later on in the day. Start the morning with a healthy breakfast that has a good source of protein, fiber and fruits or vegetables. Good protein sources at breakfast include eggs, plain greek yogurt, cottage cheese, or nuts and seeds.



### Cara Kasdorf, RD, BSc, M.A.N., Registered Dietitian, Sports Nutritionist

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.