



Healthy Eating Policy for Newfoundland and Labrador Diving (NLDA)

NLDA is concerned about health issues. The Board of Directors is interested in increasing the availability of healthy food and beverage choices, being physically active, staying tobacco-free, caring for the environment and supporting local products.

What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play.

Foods such as vegetables, fruit, whole grains, lower fat milk products and lean meats help prevent chronic diseases. A Provincial Sport Organization supportive of healthy food and beverage choices helps create and maintain healthy individuals and communities, and helps enhance the athletic performance of its members.

Offering healthy food and beverage choices is important in striving for a healthy lifestyle. Therefore, effective June 2015, when food and beverages are served at NLDA sponsored events the organization will follow our healthy eating policy.

We will do our best to offer at least two (2) of the following healthy choices according to Canada's Food Guide:

- ✓ Vegetables and fruit (fresh, frozen or canned)
- ✓ Whole grain or whole wheat grain products (e.g., wraps, breads, cereal bars, etc.)
- ✓ Skim, 1%, or 2% white or chocolate milk; yogurt and/or cheese
- ✓ Lean meat and alternatives (e.g., lean ground beef, eggs, tuna, nuts and nut butters (*if permitted under existing allergy policy*), etc.)
- ✓ Plain water to quench thirst

We will also do our best to:

- ✓ Provide smaller portion sizes
- ✓ Choose green options when possible
- ✓ Encourage young athletes to choose healthy food and beverage choices by making the link between nutrition, health and athletic performance.

This policy will take effect as of June 2015 for **all events** under the responsibility and operation of the Newfoundland and Labrador Diving Association.