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**Article 10 Healthy Eating Policy (included at
2016 AGM)**

The members of Swimming NL will do their best at Swimming NL sanctioned events to:

- **Offer fruit more often**
- **Offer a variety of whole grain products**
- **Offer skim, 1% or 2% milk**
- **Offer lower fat milk alternatives (yogurt, cheese)**
- **Provide smaller portion sizes**
- **Serve plain water**
- **Choose green options when possible**
- **Always encourage healthy options**