

FOUR WAYS TO BE A SUSTAINABLE ATHLETE

Here are 4 tips for athletes or active people of all levels who are interested in being more environmentally-conscious on and off the field.



1 UNDERSTAND THAT SUSTAINABLE SPORTS NUTRITION ENCOMPASSES MORE THAN AN AWARENESS OF WHAT YOU PUT INTO YOUR BODY.

It's also about **decreasing waste** to limit the impact on the environment.



Avoid

Labeling foods and food groups as good or bad for the environment.

Do

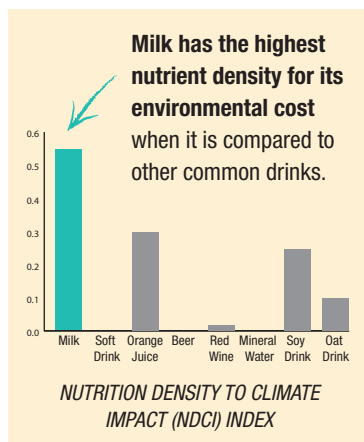
Look at the broader spectrum of sustainable nutrition that considers how people produce, access, prepare and ultimately, consume nutritious foods that have a direct impact on an athlete's health and performance.

2 CONSIDER THE 4 DOMAINS OF SUSTAINABLE FOOD SYSTEMS WHEN MAKING FOOD OR DRINK CHOICES THAT HAVE A DIRECT IMPACT ON ATHLETIC PERFORMANCE AND RECOVERY.

4 Domains of Sustainable Food Systems

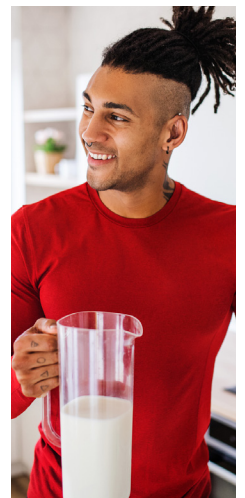
IMPACT OF THE FOOD SYSTEM ON...	ENVIRONMENT PLANET-FRIENDLY	HEALTH & NUTRITION NUTRIENT-DENSITY	ECONOMIC AFFORDABILITY & ACCESSIBILITY	SOCIAL CULTURAL & SOCIETAL VALUE
	Land, water, air, energy use.	Nutrient-dense food production, food safety, accessibility, appeal.	Food pricing, food equity, profitability, wages.	Cultural, social, regional and religious factors, cultural norms, attitudes and behaviors.

3 CHOOSE REAL CALIFORNIA MILK AND DAIRY PRODUCTS.



Dairy checks all 4 boxes as a nutrient-dense food that fits in a sustainable eating pattern for athletes and active people of all levels:

- ☒ **ENVIRONMENT** California dairies' carbon footprint has been shrinking for decades—45% over the past 50 years (1964–2014)—and is among the smallest carbon footprint per gallon of milk produced in the world.
- ☒ **HEALTH & NUTRITION** Contributes nutrients that athletes and active people struggle to consume but are important for supporting performance and recovery.
- ☒ **ECONOMIC** Real California milk is affordable, accessible and appealing package of 13 essential nutrients like protein, calcium, zinc, vitamin D and vitamin B12 that are critical for athlete health and performance.
- ☒ **SOCIAL** Milk and dairy fits within many cultural foodways and is a friend to plant-forward eating patterns, including flexitarian and vegetarian styles of eating.



Real milk and dairy products can help you rebuild, refuel and rehydrate, and are made with care for the planet.

4 REALIZE THAT FROM THE FARM TO THE TRAINING TABLE, THE DAIRY INDUSTRY IS TAKING STEPS TO REDUCE FOOD WASTE AND GREENHOUSE GAS (GHG) EMISSIONS.

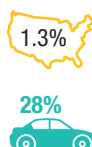
Simplistic strategies such as reduction or elimination of entire food groups or categories to achieve a more sustainable eating pattern are likely to have unintended consequences—**especially for athletes and active people.**

Research conducted at Virginia Tech with support from the US Department of Agriculture confirmed that:

Replacing milk production with fruits & vegetables or nuts & legumes...



0.7%
...resulted in minimal reduction in GHG emissions...



Milk production does not largely contribute to U.S. GHG emissions.
By comparison, transportation industry accounts for over ¼ of U.S. GHG emissions.



...and drastically reduces the supply of micronutrients that are important for optimal athletic performance and recovery, and already under consumed by athletes: **calcium, choline, vitamin A, D, B12, B2 and alpha-linolenic acid.**

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BEYOND FOOD WASTE, WHAT ELSE CAN THE ENVIRONMENTALLY CONSCIOUS ATHLETE DO?



By: Jordan Mazur, MS, RD — Director of Performance Nutrition for the San Francisco 49ers

Let's look at what other actions you can take with the environment in mind, aimed at cutting down on food waste.

Before



A big part of food waste is because it is not stored properly. Get to know these “use by” terms!

Sell By or Pull Date

Indicates when stores must remove products. Food will be safe to eat after this date if refrigerated continually.

Best If Used By Date

Recommendation for consumers when the product's flavor or quality is highest. Is not a safety date.

Use By Date

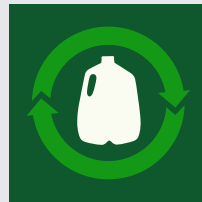
Last date recommended to ensure a product's peak quality. *Remember, if it smells spoiled, throw it out.*

During



DID YOU KNOW?

Cut down on food waste by freezing milk and other dairy products. Frozen milk will last for about 3 months. Cheese can be kept for 6 to 9 months when frozen in an air tight container also—think hard cheeses like Cheddar, Swiss and Monterey Jack.



Make sure that milk jugs make it to the recycling bin to help keep plastic out of landfills.

**Recycle the Jug.
Pour it. Cap it. Bin it.**



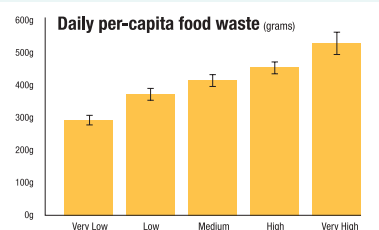
Try re-usable tins like this one to make a perfect **portable fueling snack pack.**



Performance & Recovery
Snack Pack
MAKE THE RECIPE!

After

Athletes are at high-risk for food waste.



As diet quality goes up, food waste goes up.



Package with Purpose Post-Meal

- Immediately package up leftovers for reheating in microwave-safe or oven-safe containers.
- Meal plan for leftovers to use throughout the week.



Flip dairy products like sour cream, yogurt, cottage cheese or ice cream upside down to prevent mold or ice crystal formation.

Don't store milk and dairy products in the door—this is a recipe for quicker expiration.

Start conversations about sustainability today! It's an important way to learn about what has an impact on the health and performance of the body, and the planet.

Sponsored by the California Milk Advisory Board, an instrumentality of the California Department of Food and Agriculture. Reviewed by Jordan Mazur, MS, RD, Director of Nutrition for the San Francisco 49ers.

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