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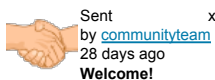
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New generation of fruit juices

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Written by [kylestack](#) on 08/10/2010 3:40:43 PM

In the last few weeks, I've posted stories about some new dietary trends that Houston Texans dietitian Roberta Anding has been giving the team's players. I began with a story about coconut water as a replacement for prototypical sports drinks and followed that with a piece about Greek yogurt as a rich source for protein.

The final food/drink option that Anding shared with me during a recent phone conversation is a new take on fruit juices – specifically blueberry, pomegranate and tart cherry. The multitude of anti-oxidant properties found in these juices appeals to Anding, who claims the Texans cafeteria is stocked with at least 13 different kinds of fruits and vegetables every day, and up to 20 during training camp, for the purpose of variety.

"It's hot and trendy, there's science to support [anti-oxidants] and it gives me a launching point as a sports dietitian to educate [the players] about the anti-oxidant properties of all fruits and vegetables," Anding says of the juice options.

While different foods and drinks carry assorted types of anti-oxidants, the fruit juices work well in that they represent more cold temperature drink options for players in the summer heat. Like coconut water and Greek yogurt, these fruit juices can break the monotony of a stale diet.

"It breaks the myth that you can't have juices, if you're trying to be on a body fat management program," Anding says. In other words, NFL players are always conscientious of their body fat count. Some players have contract incentives which put limits on their weight.

It's the dietitian's job not just to find ways for players to consume healthy products but to keep maintain their interest in eating and drinking well. Consuming the same thing everyday gets boring. With the additions of coconut water, Greek yogurt and unusual fruit juices to the menu, Anding is giving the Texans players ways to stay excited about eating and drinking the right way.

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