



Devereaux Peters is a professional basketball player who won two WNBA championships with the Minnesota Lynx in 2013 and 2015.

When I was in high school, I used to eat a bag of laming hot Cheetos before basketball practice – it seemed like the perfect snack. Fifteen years later, I can only shake my head and smile when I think about how much I’ve learned since then.

I was born before the social media era. Today, on Instagram, it is a trend for athletes to post about the workouts they are doing to get better. You can watch Kayla McBride do a workout or read about every bite of food that Skylar Diggins puts into her body.

There was nothing like that when I was in high school. The closest I came to being health conscious was following the pescatarian diet that my father chose for me and my brother – that meant lots of chicken, fish and seafood and no beef or pork. When I was old enough to make my own food choices, I made up for lost time. I loved fast food, especially McDonald’s cheeseburgers, and I never drank water. I was lucky to have a very high metabolism, and I never gained any weight. I just ate whatever I wanted.