



Iowa Girls' High School Athletic Union Nutrition Newsletter

Spring 2017

Benefits of Nutrition

Almost everyone knows that it is important to eat healthy, but not a lot of people know about how fats, carbohydrates, protein, and other nutrients can benefit their nutrition. Everything that humans consume are made up of calories, besides water. The amount of calories that an individual needs depends on factors such as gender, age, height, weight, and daily activity. For athletes, the amount of calories needed daily also depends on the type of sport they play, the amount of training they receive, and the amount of time spent doing the activity. It is also important for all people to consume their calories based off of a good balance of whole grains, veggies, fruits, lean protein, and healthy fats.

The three main macronutrients, a type of food required in large amounts, needed in a human diet are carbohydrates, fats, and protein. Most of your daily calories should come from carbohydrates, over half to be exact. Carbohydrates provide us with energy and are stored in muscles and the liver. There are two types of carbohydrates: complex and simple. Complex carbohydrates provide us with energy, fiber, vitamins, and minerals. You can receive complex carbohydrates by eating things such as bagels, pasta, whole grains, rice, fruits, and vegetables. On the other hand, simple carbohydrates mostly come from refined foods. Refined foods are foods that are altered from their original state. This type of carbohydrate will provide a quick burst of energy. Athletes need to make sure to get enough of both types of carbohydrates, otherwise it could lead to things such as muscle fatigue. Athletes also need to make sure that they are eating enough protein. Meat is an amazing source of protein, but plant sources such as beans and nuts also have protein. The main job of protein in the body is to help with muscle growth as well as repair. Protein can also be used as energy after the body's supply of carbohydrates is gone, but it is not recommended as it means that the body is using its lean muscle. Lastly, everybody needs to incorporate fat into their diet. However, not much is needed, and it needs to come from healthy sources. Unsaturated fats are the healthy kind; they can contribute to making our hearts healthy. Unsaturated fats can come from foods like avocados, nuts, and olives. The kind of fat that people want to avoid are trans fat and saturated fat. If too much of these types of fats are consumed, it can lead to high cholesterol. Trans fats are in processed foods, and saturated fats are usually found in animal products. It is important to eat the right amount and kind of fat because it provides athletes with energy for their longer workouts, less intense workouts. Fats are also the building block for hormones and the formation of cell walls. In addition, they help the body absorb different kinds of nutrients that are essential to our health, such as certain kinds of vitamins and minerals.

It is very important to have a well balanced diet that contains all of the three macronutrients: carbohydrates, protein, and fat. If athletes watch what they eat, they will be sure to see an improvement in their athletic performance.

Coach's Advice on The Importance of Having a Routine

Being prepared before, during and after performance is beneficial for athletes. It starts with hydration. Coach Matt Pries of Waukee Girls Track and Field and Dallas Center Grimes Boys Cross Country noted in an interview, "when properly hydrated you train better and it reflects in your performance." Hydration is crucial for athletes, and Coach Pries spoke about how coaches are always continuing to talk to their athletes about hydration so they are more aware. Along with hydration, it's important to be prepared nutrition-wise. While there are many options for nutrition plans with different benefits, Coach Pries stressed the importance of finding a routine that is individualized towards each athlete's own preferences. His advice to student athletes is to be smart about what you know about your body and how your body responds to things. He says "some foods don't work for everyone so you have to find what works best for you." For ideas to get a routine started, Coach Pries offered advice on snacks and lunches. He recommended fueling with carbohydrates to prepare for activity and fueling with protein after. Specifically for competition, he emphasized having a competition-specific routine. He said "teach your body that 'this is what I have before I go compete' and the body will recognize it. Being in that kind of routine, your body tends to perform better." Coach Pries's final and most important piece of advice for student athlete nutrition is to take it seriously and be consistent. He says, "If you take nutrition seriously, you will see the benefits. What you put in your body greatly impacts what you get out of it in performance. Be consistent and you will see results."

Tips on Enhancing Performance

1. Include calcium in your diet
 - Calcium helps muscles make the proper contractions
 - Food ideas: Greek yogurt, skim milk, low-fat cottage cheese
2. Hydration
 - When you are not well hydrated performance can be negatively influenced
 - Make sure you are getting plenty of water before, during and after workout for best results
3. Fuel up
 - It is important to make sure you are fueling your body with the correct nutrients before performing
 - Carbohydrates are a good choice before performing because they are what the body uses for energy
4. Rest
 - Without the proper rest it can negatively influence your performance
 - Getting between 8-10 hours of sleep is recommended to make sure your body is fully rejuvenated

Featured Athletes: Josie Hovey & Jessica McKee

Josie Hovey
Johnston
Track and cross country
400
Quesadillas or egg sandwiches
Peanut butter filled pretzels
Candied almonds

School Sport
Favorite Event
Favorite Meal
Go-to Snack
Guilty Pleasure

Jessica McKee
Johnston
Track and cross country
3000
Hamburgers, steak, salad
Pretzels and raisins
Brownies

What are your nutrition habits like? Are there any specific routines or regiments you follow?

JH: I like to eat healthy during the season. It's different during the season and in the offseason, but during the season I try to eat healthier and stay off sweets.

JM: I try to fuel with the right things like fruits and vegetables.

Are there any specific routines or regiments you follow?

JH: I don't purposely eat a certain thing on a certain day, but usually I eat the same things like for breakfast I eat eggs, but there's not a specific routine.

JM: Same. Every morning for breakfast I have oatmeal with fruit, lunch is normally different, dinner is some kind of meat and a salad.

How have you learned about nutrition?

JH: I'd say my mom. She tries to eat healthy so she helps me a lot to figure out what's good for me.

JM: My mom helps me too and also our coach encourages us to eat healthy and also to eat enough. I know there's been problems in the past with girls who haven't eaten enough so I think it's really important to get the right amount of fuel.

What do you do at school and at home for your nutrition?

JH: My mom does the cooking at home. If she doesn't make anything then it's up to me to make whatever I want, so that's usually when I don't eat very healthy. At school I usually get a salad because I don't have time to make my lunch and bring it.

JM: My mom makes my meals and, for lunch at school, I bring my own lunch. I usually bring a sandwich, fruit, and some carrots or some type of vegetable. Then during the school day I'll have a snack like a protein bar or something healthier.

How do you prepare, nutrition wise, for practices and workouts and meets?

JM: For practices, I always make sure to have a snack before I run, either pretzels or raisins or something small that will give me enough energy but won't make me super full or feel awful for my workout. Same goes for meets, something with sugar or energy.

JH: Same for me. On days that we have meets I try to make sure and eat enough food but not too much and make sure it's healthy too so that I have enough energy. For practices, I try to eat healthy, but if it's just a practice I'm not as worried about it. But I try to do my best.

How have you seen nutrition affect your performance?

JH: When I started eating healthier I saw that it was better for my body and I was getting enough fuel to do better.

JM: I've seen that when I don't eat as much I don't do as well, so I think eating enough is really important.

Do your friends and teammates eat healthy? If they do, does having someone who eats healthy influence others to do it more or does everyone just do their own thing?

JH: I'd say runners in general try to eat healthy, but we definitely eat, something too. Having people who eat healthy helps you to eat healthy too, same thing if there's someone who brings a box of cookies, it's hard for you to say no. Having people around you who are eating healthy with you helps. **JM:** We all give each other ideas. If someone will bring a really good snack that's healthy and we all try it and like it then we'll all bring it the next time. Then after meets someone will bring junk food and we'll all eat that, but before meets, we are all pretty good.

Recipes

No-bake Energy Balls from One Little Project

Ingredients

1½ cups large oat flakes
1/2 cup peanut butter
1/3 cup honey
1/4 cup mini M&M's
1/4 cup mini chocolate chips
1/3 tsp vanilla

Instructions

1. Add all of the ingredients to a medium sized bowl and stir well until everything is combined.
2. Roll into 1-1/2" balls and set them on a silicone baking mat or parchment paper. Wash your hands after every 4 balls to help keep the ingredients from sticking to your hands.
3. Refrigerate for 20 minutes to help them harden.
4. Store the leftovers in a zip-lock bag in the fridge.

Spring Fruit Salad with Strawberry Poppy Seed Dressing from Hy-Vee

Ingredients

4 cups packed spinach leaves
2 cups fresh sliced strawberries, divided
1 cup halved red grapes
1/4 cup Hy-Vee pecan pieces
1 tbsp Hy-Vee granulated sugar
1 tbsp raspberry vinegar
1/3 cup Hy-Vee fat-free lemon yogurt
3/4 tsp poppy seeds

Instructions

1. Arrange the spinach on a serving platter. Place 1-1/2 cups strawberries and grapes on the spinach. Top with pecan pieces.
2. In a blender, combine 1/2 cup strawberries, sugar, vinegar, yogurt and poppy seeds. Blend until smooth.
3. Pour dressing over the salad.

TRY IT This Offseason

Cooking: Learning how to cook in the offseason will make meal preparation during the season easier. Find cooking classes at your local Hy-Vee by contacting your store dietitian!

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Disclaimer: This newsletter is not intended as a substitute for professional advice. Always consult your healthcare provider with any questions you may have regarding diet and exercise changes.

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