



**I H S A U  
S U M M E R  
N U T R I T I O N  
N E W S L E T T E R**

**LINDSEY CULVER**

Linsey Culver is a softball player for Cedar Rapids Jefferson.

**POWER OF  
BERRIES**

Read all about the benefits of berries .

**STACY EVANS**

Stacy is a coach for the IHS Softball team. She has been coaching for 23 years.



# Athlete Spotlight

## Lindsey Culver

Lindsey is a softball player for Cedar Rapids Jefferson. Lindsey committed to South Dakota State University for softball.



### **Do you have a nutrition routine? If so, what is it and why do you do it?**

I try to start my day with protein especially after lifting. Lunch is tough because it's typically school lunch, and dinner is usually a protein with a side of fruit and/or vegetable and a carbohydrate.

### **What foods would you recommend to other high school girls when remaining in sports?**

Foods that contain protein to help build muscle, such as eggs/chicken, healthy carbohydrates to help sustain energy for a busy schedule, and the occasional junk food indulgence to maintain a "balanced diet".





# Power of Berries

**All berries are a great source of fiber- a nutrient important for a healthy digestive system.**



## Acai Berries

Amino Acids that promote muscle performance, energy production, endurance and strength.



## Blueberries

Blueberries are packed with antioxidants that help keep memory sharp as you age.



## Raspberry

Contains ellagic acid(a compound with anticancer properties) and aids growth of healthy bones.

# Coach's Corner

## STACY EVANS

Stacy has been coaching for 23 years. She has been coaching the IHS softball program since 2000. She also coaches junior high basketball and is an Instructional coach for the district.



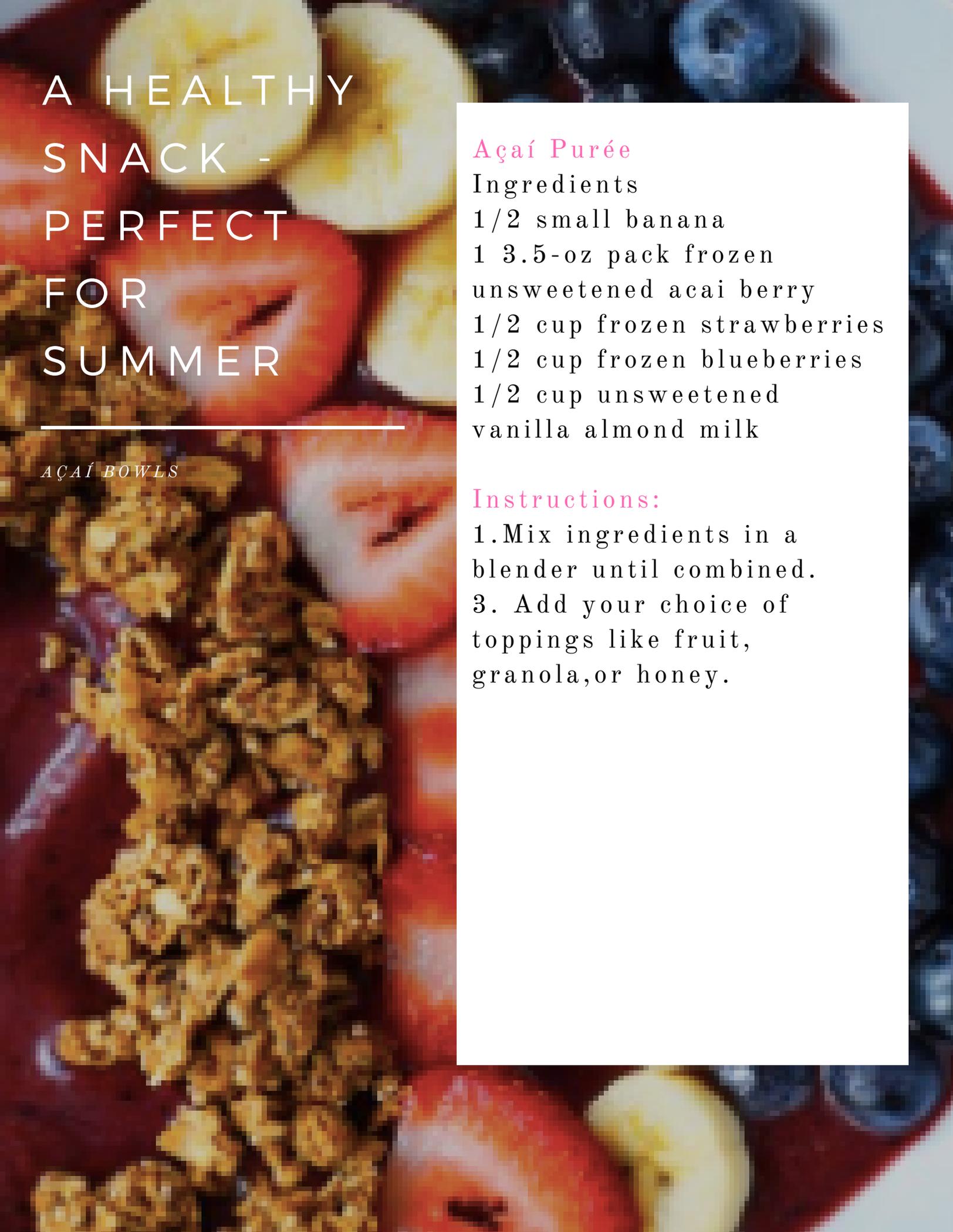
### **What effects do you think a healthy/unhealthy diet has on your athletes?**

If you fuel your body with healthy foods that properly supply energy you will be able to play longer, keep your focus, and sustain energy levels. We have seen many cases where athletes will fuel with "feel good foods" that are high in sugars and wear off fast. This distributes side effects such as energy loss and change in moods.

### **How do you advise your athletes to fuel their bodies before a game?**

We would follow the same as our healthy snacks from above. We like our athletes to eat 2 hours before a competition in order to properly digest and store energy. Water is a good choice with their meals. We fill water bottles as our main drink in the dugout. In hot Iowa summers where our athletes are burning through calories we will provide Gatorade to stay hydrated.



A close-up photograph of an açaí bowl. The bowl is filled with a dark purple açaí purée. On top, there is a generous amount of golden-brown granola. Fresh fruit is scattered around the bowl, including sliced strawberries, banana slices, and blueberries. The background is slightly blurred, focusing attention on the bowl's contents.

# A HEALTHY SNACK - PERFECT FOR SUMMER

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*AÇAÍ BOWLS*

## *Açaí Purée*

### Ingredients

1/2 small banana  
1 3.5-oz pack frozen  
unsweetened acai berry  
1/2 cup frozen strawberries  
1/2 cup frozen blueberries  
1/2 cup unsweetened  
vanilla almond milk

### *Instructions:*

1. Mix ingredients in a blender until combined.
3. Add your choice of toppings like fruit, granola, or honey.



# WORKS CITED

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Khoury-Hanold, Layla. "3 Must-Try Acai Bowl Recipes." Clean Eating Magazine, 16 June 2015, [www.cleaneatingmag.com/recipes/guest-blog-3-must-try-acai-bowl-recipes](http://www.cleaneatingmag.com/recipes/guest-blog-3-must-try-acai-bowl-recipes).

