

# Smart Eating Makes The Grade

## "Sports Nutrition"

Taking nutrition from the bench to the starting lineup

### The Fuel of Champions

Carbohydrates fuel the body for physical activity. Carbohydrates are found in grain products, milk products and their alternatives, and in fruits and vegetables.

The body stores carbohydrates as glycogen, a molecule in our muscles and liver. Glycogen provides 'quick energy' for muscle activity and is used up during intense exercise. Carbohydrate foods refill and keep up glycogen stores. Use them before and after exercise.

Protein in food helps to build, repair, and maintain muscle tissue. Good sources of protein include milk, yogurt, cottage cheese, meat, fish, legumes, nuts, seeds and eggs. Protein is great to have after exercise for muscle recovery. It works best when combined with carbohydrates.

You can get enough protein from food. Protein powders can be handy and appeal to high level athletes but it is important to focus on food first to meet your nutritional needs!



### Can I get enough protein from whole foods?

A peanut butter sandwich with chocolate milk provides more nutrition than a scoop of protein powder.

**Peanut butter sandwich with 1 cup of chocolate milk:**  
 27 g of protein  
 71 grams of carbohydrate  
 773 mg of potassium  
 391 mg of calcium  
 3.2 mg of iron  
 Plus 17 additional nutrients

**One scoop of protein powder:**  
 27 g of protein  
 1 g of carbohydrate  
 160 mg of potassium  
 169 mg of calcium  
 0.5 mg of iron

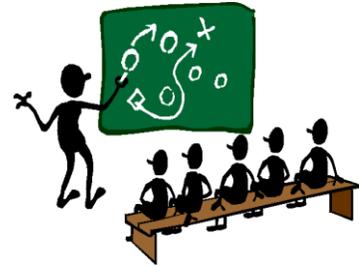


## Cook and Enjoy! Cooking Tips!

### Don't leave your health to chance; plan for success!

Light activity can be enjoyed by just about everyone and does not require extra food as fuel. However if someone is very active for more than one hour, a recovery snack may be helpful.

Plan for success by bringing a healthy snack from home rather than using vending machines and canteens.



### Fuel up before a game or tournament with a light energy-filled snack such as:

- Fresh or dried fruit
- Multigrain toast with sliced bananas
- And make sure you are well hydrated!! Drink water!

### Refuel with these protein & energy snack ideas after vigorous physical activity:

- Yogurt parfait made by mixing Greek yogurt, fruit, and granola
- Sliced apples with 2 tablespoons of peanut butter
- A banana berry fruit smoothie made by blending 1 small banana, 1/2 cup of fresh or frozen berries, 1/2 cup of milk or fortified soy beverage, and 1/3 cup Greek yogurt

## Energy Bites

These easy to make snacks are great for on-the-go, whether after a game or after a practice!

### INGREDIENTS:

- 1 cup dry old-fashioned oats (large flake or steel cut)
- 2/3 cup toasted almonds or other nut or toasted coconut flakes
- 3/4-1 cup creamy or chunky peanut butter or almond butter\* or soy butter\*
- 1/2 cup ground flaxseed or wheat germ or oat bran
- 1/4 cup honey
- 1 tsp. vanilla extract
- 1/2 cup mini dark chocolate chips, or raisins, or walnuts, or dried blueberries, *optional*

### DIRECTIONS:

Stir all ingredients together in a medium bowl until thoroughly mixed. Chill in refrigerator for half an hour. Once chilled, roll into balls about 1 inch in diameter.

Store in an airtight container and keep refrigerated for up to 1 week. Enjoy!

\*Peanut alternative

Adapted from [www.thecomfortofcooking.com](http://www.thecomfortofcooking.com)

