

The Lunchbox Nutritionist ***Kathleen Searles MS, RD, LDN***



I have always loved the Olympics! Back in 1976, as a brand new dietetics graduate I thought it would be great fun to work for the Montreal Olympics. I contacted someone about a position as a dietitian. They responded that they had plenty of cafeteria workers! The sports nutrition world has come a long way since then!! Just last evening, in an interview on NBC, swimmer Ryan Lochte attributed his ability to challenge Michael Phelps in the Olympic trials to his improved nutrition habits! So, for this Olympic summer emulate the world's top performers and fuel like a champion!

- Kathleen Searles

7 Nutrition Principles for Olympic Performance



1. Eat Breakfast. Every athlete knows that the base of a good training day starts with the right fuel to energize performance. A balanced breakfast will provide the energy needed to perform at maximum potential. Most athletes will start their day with complex carbohydrates mixed with protein and fat. The amount of calories consumed at breakfast will vary from each individual sport and training schedule depending on total calorie expenditure. A popular breakfast for many athletes includes oatmeal, fruit, and nuts.

2. Cook at home. Many athletes report a "stay fit tip" is to eat more foods prepared in their own kitchen rather than dining out. Preparing food at home ensures one is fueling with fresh foods that have been minimally processed and not cooked with an excess of fat, sugar, or sodium. Dining in, rather than dining out, helps manage total calorie intake, which is important for athletes to maintain their competitive weight.

3. Eat whole foods. Another principle many professional athletes embrace is eating whole fresh foods. This includes fresh fruits, vegetables, and whole grains such as quinoa, steel cut oats, brown rice, and 100% whole wheat pasta and breads. As well as, quality sources of protein including lean beef, poultry, eggs, and fish.

4. Limit liquid calories. Sports drinks have been marketed as the athletes "secret weapon" for peak performance, however in reality this is not the case. While there is a place and a need for sport drinks during an event, hard core athletes know sports drinks were designed to be consumed during training or during the event - not to drink all day long. The same principle goes for other high sugar beverages including sodas and alcohol. Many athletes abstain from alcohol altogether during their training and competitive season and limit alcohol to special occasions.

5. View food as "fuel". Athletes look at what they put into their bodies as essential fuel to perform. When it comes time to chow down, they are not only looking to eat but they want to eat with a purpose. This means an athlete's plate will consist of foods that are packed with carbohydrates, protein, fats, vitamins, minerals, antioxidants, and phytochemicals to maximize performance. Athletes minimize the amount of "empty" calories they consume by limiting refined sugars, flours, and fats.

6. Limit fried foods. An athlete recognizes that fried foods are not only high in calories, but these fried foods actually slow them down. And there is a reason for this! It takes more energy for the gut to process and digest high fat meals than a meal rich in carbohydrates. Therefore athletes limit their intake of fried foods and instead compliment their meals and snacks with plant based sources of fats such as nuts, avocados, olive oil, canola oil, and fatty fish.

7. Fuel for recovery. Athletes know that HOW they recover and re-fuel their body AFTER each training session is just as important as what they eat before a workout. Consuming a 4:1 ratio of carbohydrates to protein will enhance muscle recovery and minimize breakdown. One of the most popular post-workout drinks is chocolate milk!

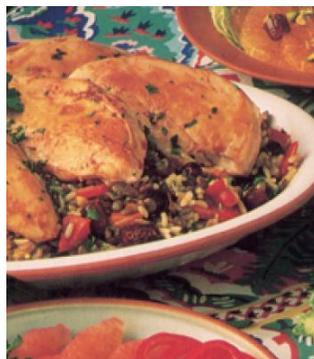
Back in 2008, Micheal Phelps reported that a typical breakfast included: three fried egg sandwiches, a five-egg omelet, three pieces of French toast, three pancakes and grits.

Recipe of the Month: Chicken with Lentils, Dates and Rice

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Ingredients

- 4 Chicken Breasts, boneless, skinned and halved (approx. 11/4 lb)
- 2 Tbsp Vegetable Oil
- 1 Onion, medium and chopped
- 2 cups Chicken Broth
- 1 cup Lentils, dried
- 1/2 cup California Dates, chopped
- 1/2 cup Long Grain White Rice
- 1/2 cup Red Pepper, diced
- 1/2 cup Carrots, diced
- 2 cloves Garlic, minced
- 1/2 tsp Lemon Peel, grated



News and Events:

Are you ready to feed your inner champion? Multi-visit sports nutrition packages are now available starting at \$149. Give me a call (978-697-2834) or send an e-mail (ksearles@lunchbox-nutritionist.com) for more information!

The Athletes Mind: The Words They Feed Themselves



Not only can we learn from how an athlete fuels their body, but also how an athlete feeds their mind. Anyone who has accomplished a goal (big or small) will tell you that what you feed your mind is just as important as the daily action steps you take to get there. Here are some inspiring words of wisdom from several of the worlds greatest Olympic athletes.

"The most important thing in the Olympic Games is not winning but taking part; the essential thing in

1/2 tsp Ground Cumin

1/2 tsp Curry Powder

1 Tbsp Parsley, chopped

Instructions

Brown chicken breast in 1 Tbsp oil in large, heavy saucepan over medium heat. Remove chicken and set aside. Add remaining 1 Tbsp oil to pan; stir in onions. Cook, string frequently, until onions are golden brown, about 15 minutes. Stir in remaining ingredients, except parsley and chicken breasts. Bring to a boil; cover and simmer 15 minutes. Arrange chicken breasts on top of lentil mixture; cover and simmer another 8-10 minutes, until chicken breasts are cooked thoroughly and lentils are tender. Sprinkle with parsley and serve.

Description

Serves 4 - 1 chicken breast and 1 cup rice mixture

Per serving: 553 calories, Protein 45g, Carbohydrates 67g, Dietary Fiber 5g, Fat-Total 11g, Cholesterol 80mg, Sodium 815mg

Fun Food Facts: Food Quantities Needed in the London Olympic Village 2012

25,000 loaves of bread

232 tons of potatoes

More than 82 tons of seafood

31 tons of poultry items

More than 100 tons of meat

75,000 liters of milk

19 tons of eggs

21 tons of cheese

More than 330 tons of fruit and vegetables

10 Olympic Super Foods:

Oats

Berries

Nuts

Avocados

Broccoli

Oranges, red bell peppers and other foods high in vitamin C.

Wild Salmon

Chocolate Milk (excellent for

life is not conquering but fighting well." - Pierre de Coubertin (founder of modern Olympic Games)

"I believe in God. He is the secret of my success. He gives people talent." - Noureddine Morceli (Algerian athlete in the 1996 Summer Olympics)

"When anyone tells me I can't do anything, I'm just not listening anymore." - Florence Griffith Joyner (American athlete, 1988 Summer Olympics)

"The first thing is to love your sport. Never do it to please someone else. It has to be yours." - Peggy Fleming (American figure skater, 1968 Winter Olympics)

"It is the inspiration of the Olympic Games that drives people not only to compete but to improve, and to bring lasting spiritual and moral benefits to the athlete and inspiration to those lucky enough to witness the athletic dedication". - Herb Elliott (Australian middle-distance Runner, world record holder in the 1.500 meter race (1958-67) and the mile race (1958-62)

"One shouldn't be afraid to lose; this is sport. One day you win; another day you lose. Of course, everyone wants to be the best. This is normal. This is what sport is about. This is why I love it." - Oksana Baiul, (Ukrainian figure skater, Olympic Gold Medalist, 1994)

"I wanted no part of politics. And I wasn't in Berlin to compete against any one athlete. The purpose of the Olympics, anyway, was to do your best. As I'd learned long ago from Charles Riley, the only victory that counts is the one over yourself." - Jesse Owens (American Athlete, 4 time Gold Medalist in Track and Field at the 1936 Olympic Games, 1913-1980)

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About Kathleen Searles, MS, RD, LDN

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school.

Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.