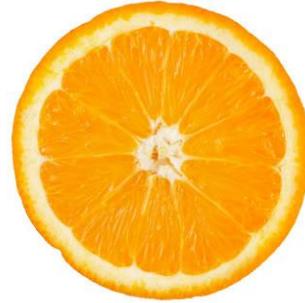


Prep School Performance Nutrition News

with
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Nutritionist. Speaker. Consultant.

Welcome Letter!

Welcome to Prep School Performance Nutrition News! You are receiving this newsletter because of your role working with prep school students and athletes. Each month there will be suggestions for helping your active students eat well for improved academic and athletic performance and overall health. I welcome your questions and suggestions for relevant topics.

– Kathleen Searles

Breakfast for Champions:



Are your students eating breakfast? If not, they may be missing out on the performance benefits of a healthy breakfast. Eating breakfast raises blood sugar and amino acid levels that have

dropped during sleep. This potentially improves performance in the classroom and on the athletic field by:

- Increasing alertness
- Stabilizing mood and psychosocial functioning
- Improving memory
- Enhancing creativity
- Maintaining hand eye coordination

What's in Your Water Bottle?

There are a number of options available to help replace water and electrolytes (such as sodium and potassium) that are lost from sweat and respiration during activity.

Water – Great for rehydrating. Adequate during workouts lasting one hour or less. No calories.

Enhanced Water – Good for hydration, but does not typically contain electrolytes. These products may contain sugar or artificial sweeteners. Calorie content depends on sweeteners used. Examples are Propel (from the Gatorade Company) or Vitamin Water.

Standard Sports Drinks – In addition to water, these supply 6%-8% carbohydrate. This amount of carbohydrate helps to absorb water and provides some fuel for muscles and brain. Sports drinks also provide sodium and potassium to replace losses from sweat. This is important to avoid hyponatremia (low blood sodium) and muscle cramps. 50 Calories per 8 oz serving. Gatorade and Powerade are two of the widely known sports drinks.

- Improving test performance
- Protecting muscle mass

It may seem that the high school student “knows better” when it comes to skipping breakfast, however surveys have shown that breakfast skipping increases in the adolescent years, particularly among girls. This usually reflects teen-age sleeping habits, hectic early morning schedules, or a mistaken approach to weight control.

The 2010 Dietary Guidelines for Americans states that “children and adults are encouraged to eat a healthy breakfast.” Here are some ways that you might be able to support breakfast in your school:

- Encourage good sleep habits and schedules
- Ask coaches to stress the importance of breakfast to their athletes
- Set guidelines that tolerate simple breakfast foods and juices during AM classes and breaks
- Make foods available in the dining hall that students can “grab and go” if pressed for time

Examples of portable breakfast foods that students might keep in their dorm rooms, bring in a back pack, or that the dining hall might provide include:

- Granola or cereal bars
- Fresh fruits like apples or bananas
- Individual servings of fruits like peaches or applesauce
- Peanut butter, almond butter or sunflower seed butter with bagels, bread, or whole wheat crackers
- Individual containers of dry cereal, granola, or trail mix
- 100% Juice in boxes or sealed bottles

If refrigeration is available they might also use yogurt, cheese sticks, hard boiled eggs, and/or individual servings of milk or juice.

Although the “science” behind breakfast continues to evolve, it appears that there is an overall positive link between eating breakfast and cognitive and academic performance, improved memory, mood, and psychosocial functioning. What ways is your school promoting breakfast? Share your ideas here:

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Lower Calorie Sports Drinks – These are similar to standard sports drinks, but will not provide carbohydrate because they are sweetened with various artificial sweeteners. An example of this product is G2 (from the Gatorade Company.)

Coconut Water – This is the liquid from inside young, green coconuts. It is a natural source of sodium, potassium and magnesium. 8 oz coconut water has 46 Calories and 9 grams of carbohydrate. Flavored varieties may be higher in calories. Brand names include O.N.E., VitaCoco, and Zico. There are plenty of warm days in late summer and early fall – be sure you and your athletes stay well-hydrated!

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About:

Kathleen Searles provides consulting services to private secondary schools. She is available to speak to students, faculty, coaches, etc. on a variety of general and sports nutrition topics. With over 30 years of experience in the boarding school environment, she is ready to tailor nutrition messages to your school’s needs.

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