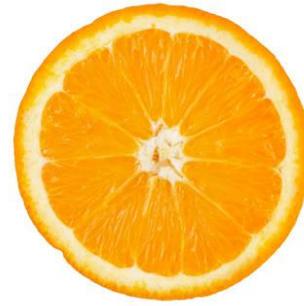


Prep School Performance Nutrition News with *Kathleen Searles, MS, RD, LDN*



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Welcome to the New Year with Prep School Performance Nutrition Newsletter! This month's articles focus on finding ways to help athletes fuel well when traveling to away games. I hope you will find some tips to help your teams! Please contact me if you would like to share some tried and true ideas for fueling on the road.

- Kathleen Searles, MS, RD, LDN

Team Travel - Fueling Tips for Away Games

It can be tough to manage proper fueling for your athletes when traveling to and from other schools. Some of the pre- or post-game nutrition may have to happen on the road. Even relatively short trips may require some planning to allow proper timing of pre-game and recovery meals. Here are some tips for fueling and hydrating on the road:

Bag or Box Lunches - Student athletes should know whether their lunch represents any or all of the following: pre-game meal, and/or post-game recovery meal or just a snack. They should be sure to include some protein and plenty of carbohydrates to meet all these needs. Some good items to include are:

- Water –Athletes should be well-hydrated going into their competition. . A suggested “ball-park figure” for fluid prior to the event is 16 ounces 2-3 hours before the event and another 8 ounces within an hour of the event. The heated interior of a van or bus may be dry and may increase fluid needs.
- Sandwiches – contain carbohydrate (bread) and protein (filling). Peanut butter i
- s a great choice because it can be held without refrigeration. Other types should be consumed within two hours or stored in a cooler.
- Nuts – protein
- Fruit - carbohydrate; apples, oranges, and bananas travel well.
- Pretzels – carbohydrate and sodium



News and Events

Over the next few months I will be speaking to groups of parents about nutrition for their prep school children. We cover nutrient needs and special nutrition concerns for the teenage athlete, and how students can meet their nutrition needs in the dining hall. I'd love to meet with parents at YOUR school too! Contact: Kathleen Searles, MS, RD, LDN 978-697-2834 ksearles@lunchboxnutritionist.com

What About Pizza?

Pizza seems to be the go-to, all-purpose meal for teens. It is generally liked, inexpensive, convenient, and can provide important nutrients like carbohydrates and protein. It can also contribute too much fat and calories if consumed in excess. Think about your student athlete's week: he or she may be having pizza on the weekend with friends, during the week in the dining hall, and after a game twice a week! Some of those pizza meals should contain “healthier” pizza. What does a healthier pizza meal look like?

Toppings: Plain cheese and veggie toppings are best. There is a huge variety of veggie toppings available, such as onions, mushrooms, broccoli, olives, hot peppers, fresh spinach, green or red peppers, garlic, and eggplant. There are also some leaner protein toppings available such as chicken or ham. (For example you could try Hawaiian pizza with pineapple, barbecue chicken pizza, or chicken and broccoli pizza.) These will provide a better ratio of carbohydrate to protein for the athlete. Double cheese, pepperoni, sausage, and beef toppings are likely to make the pizza undesirably high in

- Crackers – carbohydrate and sodium
- Cheese – contains protein. The individually wrapped bars or sticks are especially convenient.
- Granola bars or protein bars – carbohydrates and protein
- Aseptically packaged milk, chocolate milk, or commercial recovery drinks (whey protein, found naturally in milk and in some commercial drinks is very effective for recovery)

Convenience Stores – If you stop at a convenience store, encourage athletes to choose foods that support their muscle recovery and athlete status. Good choices available in this setting include:

- Nuts
- Trail mix
- Granola bars
- Crackers
- Fruit – fresh or dried (raisins, Craisins)
- Cheese sticks
- Pretzels
- Pita chips
- Sandwiches
- Yogurt
- Water, milk, flavored milk, sports drinks

Restaurants - If your team stops at a restaurant for a meal, students should look for moderate to high carbohydrate content and lean proteins. For a PDF of good fast food options for athletes, click here: <http://ow.ly/8vlpM>. See also the “What about Pizza” article.

In summary, help your athletes to be aware of nutrient timing and appropriate foods to bring along so that they can perform at their best and recover to be ready for the next practice or competition!

fat and protein.

Side Dishes: Adding a salad with pizza improves the nutrition profile of the meal. Consider buying a few garden salads and sharing them among team members. A large salad should make 3-4 side salads.

Alternatives: Most pizza and sub shops have salads available, but these tend to be more expensive and by themselves will not provide enough carbohydrates for athletes. Consider looking at turkey or veggie subs. (Depending on your athlete, 1/3 to 1/2 sub may be sufficient.) Some shops also have Panini and wrap sandwiches with healthy ingredients.

Beverages: The healthiest choices for athletes would be 100% juice (orange juice in particular may be available), milk or chocolate milk, sugar free sodas, or water.