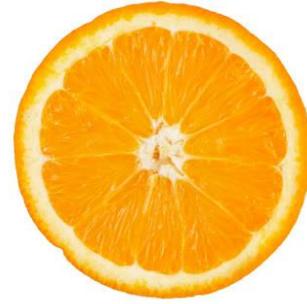


# Prep School Performance Nutrition News with *Kathleen Searles, MS, RD, LDN*



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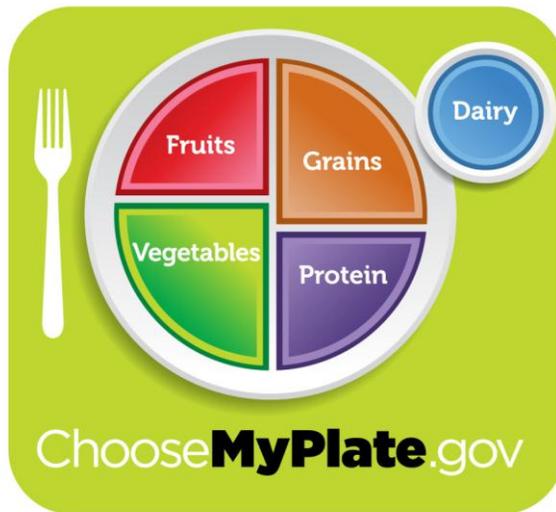
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## Nutritionist. Speaker. Consultant.

Welcome to the National Nutrition Month edition of Prep School Performance Nutrition News! This year the theme for National Nutrition Month is “Get Your Plate in Shape.” This newsletter includes information on the My Plate method of meal planning with some additional information about how athletes might need to adjust their plates for best performance. I hope that this information will help you guide students towards good food choices!

- *Kathleen Searles, MS, RD, LDN*

### My Plate for Students



The new “My Plate” graphic from the USDA has replaced the Food Guide Pyramid to provide a simple, visual format for general nutrition education. The My Plate approach focuses on increasing fruit and vegetable intake and including whole grains and low-fat dairy products. It is designed to reinforce the Dietary Guidelines for Americans, which emphasize consuming healthy foods and getting adequate physical activity.

The “plate method” for meal planning has been gaining favor because it is simple to understand and to remember. It is also easy to apply at the time of a meal - a quick look at your plate tells you if your meal is nutritionally balanced. This makes it a great tool for students who are eating in a dining hall. As they make their food selections,

### News and Events

Are your students struggling with making healthy choices in the dining hall? Do they end up ordering out or skipping meals because they can't find foods that they like? I am now booking for spring and fall “Dining Hall SOS” presentations to show students how to think beyond the entrée to assemble a healthy and tasty plate!

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### The Athlete's Plate

The plate method outlined above can be modified for use by competitive athletes. These “athlete's plates” are based on information presented by Nana Meyer, PhD, RD, CSSD, senior sports dietitian with the US Olympic Committee.

Athletes' needs vary depending on the level and intensity of training they are undergoing. For example during high volume, high intensity training a consistently high carbohydrate intake is important. During the off season, however, the athlete's plate can closely resemble that of the average person.

In this example, the green represents carbohydrates from grains, starchy vegetables, and fruits. Blue is protein.

students can add (or subtract!) to get a better balance. For example, a popular lunch choice might be a chicken patty sandwich and French fries. The sandwich would provide the protein and grain portion. (The fries don't fit in that well, but realistically that's what students tend to choose!) Simple changes can supplement this lunch to meet the My Plate guidelines. First, add lettuce (or baby spinach) and tomato to the sandwich. Next add some baby carrots and pepper strips. (Most dining sites have a salad bar, but students may need some guidance to use it for more than just "making a salad.") A handful of grapes, an apple, or an orange and a glass of milk will round out the plate.

This simple format for meal planning is also convenient because it is based on proportions. Taller, heavier, more active students will use larger or multiple servings. Those who are physically smaller or less active will assemble their plate in the same proportions, but with a smaller serving size.

### **New research linking nutrition, physical activity, and cognition!**

A recent article in the NY Times reviewed a Japanese study which demonstrated that good recovery meals after practice or competition could play a role in improved learning and memory. Here is the link to the article: <http://well.blogs.nytimes.com/2012/02/22/how-exercise-fuels-the-brain/>

### **Athlete's Plate Training - High Volume/Intensity**



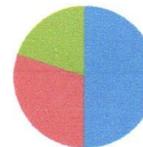
In this example the green again represents carbohydrates from grains and starchy carbohydrates. Blue fruits and vegetables, and red is lean protein.

### **Athlete's Plate Training - Moderate Volume/Intensity**



In this example the breakdown is similar to the My Plate recommendation, with half the plate (blue) as fruits and vegetables with the remainder split between lean protein and grains/starchy carbohydrates.

### **Athlete's Plate Off-season/Rest**



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