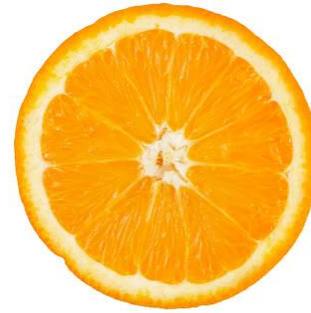


Prep School Performance
Nutrition News
with
Kathleen Searles, MS, RD, LDN



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Hello! Over the past two months I've been having fun visiting schools to talk about healthy snacks. Snacks can influence the overall quality of the average teen's diet – for better or worse! I hope that you will find some snacking tips that apply to your students in this month's newsletter.

– **Kathleen Searles, MS, RD, CSSD, LDN**

P.S. Don't forget to like Prep School Performance Nutrition on Facebook

(<https://www.facebook.com/PrepSchoolPerformanceNutrition?ref=hl>) for the latest updates about teens, nutrition, and sports!

How can students benefit from snacks?



Snacks and learning: Studies on breakfast and snacking have shown that students who have had something to eat show improved attention, focus, memory, creativity, test-taking skills and hand-eye coordination. A mid-morning snack can be especially helpful for a

Are your students choosing healthy snacks and beverages? I offer a hands-on workshop to help students learn how to evaluate their snacking choices.

Contact Kathleen Searles, MS, RD, CSSD, LDN at 978-697-2834 or ksearles@lunchbox-nutritionist.com.

What makes a healthy snack?

Carbohydrate + Protein = Healthy Snack: By combining the right foods, students can build healthy, sustaining snacks. Foods that are mostly carbohydrate provide energy. The healthiest carbohydrate foods are whole grains and fruits and vegetables. These foods contain fiber and tend to be less processed. Foods that are mostly protein provide a feeling of fullness and more stable blood sugar.

Sample healthy snack combinations:

- apple + cheese stick
- cereal + milk
- banana + peanut butter
- raisins + almonds
- whole wheat crackers + hardboiled egg
- protein bar (contains both carbohydrate and protein)
- fruit + yogurt

Study Hard and Sleep Well

Snacks during evening study hall should be "sleep friendly." The carbohydrate + protein combination works well for this. Just keep the protein portion small, because protein digests slowly.

For a fun look at late night snacks, check this link from Nashville Nutrition Expert Sarah Jane Bedwell.
<http://www.cdf.com/foodist/blog/articles/2012/02/5>

student who does not eat breakfast.

Snacks and mood: Have you seen the Snickers® “You’re Not You When You’re Hungry”™ advertisements? These ads give a humorous look at the irritability that can result from a low blood sugar level. Healthy snacks can help stabilize blood sugar and improve mood and social interactivity.

Snacks and competition: Athletes need to be well fueled to perform at their best, especially during the later stages of a game, competition, or practice. A snack before starting practice or competition will be helpful. Recovery snacks after activity also help muscles to repair and replenish. (If dinner is within an hour of activity a separate recovery snack may not be needed.)

Snacks and nutrient needs: Teen-aged students, especially athletes, have high calorie and nutrient needs. It can be difficult for them to meet these at meals, especially if the meal periods are short. Well-chosen snacks can contribute to their total daily needs.

Good times for snacks: As mentioned above, mid-morning is a good time for a snack, especially for a student who starts classes early and has a later lunch period. A mid-afternoon, pre-activity snack helps top off muscle glycogen and may improve attentiveness and focus during sports. Some students may want a snack during study hall. (See sidebar.)

healthy-late-night-snacks.html

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