

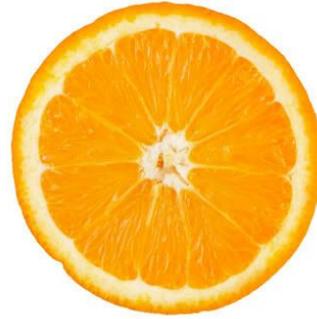
# Prep School Performance Nutrition News

with

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## *Nutritionist. Speaker. Consultant.*

Greetings! I hope the school year is off to a good start for you all. By now, unfortunately, some of your student athletes may be dealing with injuries. Did you know that their rehab and recovery can be helped by attention to the foods they choose? Read on for info about which foods are tops for getting back in the game quickly!

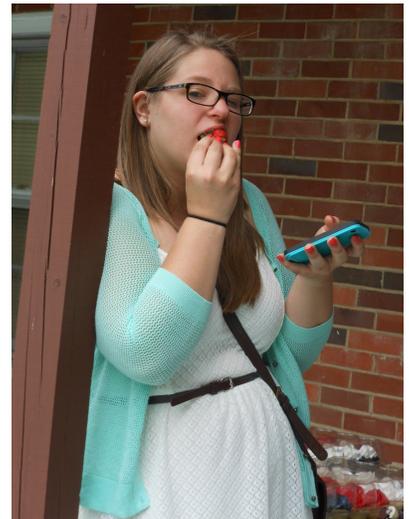
- Kathleen Searles, MS, RDN, LDN

## Eating Competency

Would you like to take the worry out of eating? That's just what Ellyn Satter, a Registered Dietitian and Family Therapist, recommends in her Eating Competency Model. Satter developed her model after seeing that though people often feel guilty or worried about food, they often don't actually follow published nutrition guidelines. Her mission is to help people feel joyful and confident about eating.

### **Competent eaters demonstrate the following behaviors:**

- Feeling good about food and about eating...and not worrying about feeling good about it
- Liking a variety of foods and enjoying learning to like new foods
- Trusting themselves to eat the right amount (and allowing body weight to reflect genetics and lifestyle)
- Taking time to eat regular meals and snacks and paying attention while eating



The Eating Competency Model has been studied and found to be associated with stable or improved BMI, improved diet quality, increased physical activity, and better physical self-acceptance. To help your students become competent eaters, encourage the following behaviors:

- Eat rewarding, regular, and reliable meals
- Pay attention while you eat
- Eat what you want and how much you want

For more information visit <http://ellynsatterinstitute.org>

# Gluten free, paleo, vegan, clean - what should your students be eating?

Contact me today at [ksearles@lunchbox-nutritionist.com](mailto:ksearles@lunchbox-nutritionist.com) or [978-697-2834](tel:978-697-2834) to book American Diet Trends: Key Points for Teens. This one hour program reviews popular diets and looks at how to adjust the Athlete's Plate to accommodate each one. Now booking for 2017!

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## Obesity in Teens

According to the Centers for Disease Control and Prevention, the rate of obesity in adolescents has quadrupled over the past 30 years. This is alarming, because obesity in adolescents is associated with increased risk for diabetes, hyperlipidemia, and cardiovascular disease. Obese teens may also suffer from social isolation, decreased self-esteem, and depression. Unfortunately dieting, the “go to” approach for correcting body weight is not very successful, and may actually create a pattern of gradually increasing weight throughout adulthood.



When food intake is restricted there are neurologic, hormonal, and metabolic changes in the body that conspire to retain weight and increase appetite. Dieters experience increased sensitivity to food and food cues, increases in hunger promoting hormones like ghrelin and decreases in satisfaction hormones like leptin, and a slower rate of calorie use in the body. People who lose weight with a diet frequently find that they regain the lost weight plus additional pounds.

Researchers reviewed randomized controlled trials in which teens lost weight and maintained the loss for at least one year. The strategies that seemed to be the most successful included:

- Increasing physical activity and decreasing sedentary activities
- Focusing on more healthy foods such as fruits and vegetables and decreasing energy dense foods
- Using a system such as the “traffic light” system to help identify better food choices (In this system green light foods are low energy density and are eaten freely, yellow light foods are moderate in calories and are for occasional use, and red light foods are energy dense and rarely eaten.)
- Family or community support

Reference: Seal N and Broome M. Using Evidence to Recommend Interventions for Long-term Weight Control in Overweight Children. *J Nurse Pract.* 2011 Apr1; 7 (4): 293-302

## What Can Schools Do?

- Promote tolerance of a wide range of body types
- Help students find ways to create meals similar to what they are used to at home
- Encourage attention to hunger cues
- Discourage body judging or comments on body appearance by peers, coaches, parents, or dorm staff
- Model healthy choices and supportive behaviors
- Be creative with offering plenty of fruits and vegetables (for example, add veggies to pizzas and sandwiches and offer as add-ins for pasta dishes or a baked potato bar)
- Consider using smaller bowls or plates for self-served desserts and/or cutting desserts into smaller pieces

- Promote water or milk as beverages
  - Encourage and facilitate breakfast every day
  - Allow and encourage movement breaks during classes or study halls
  - Offer active alternatives such as yoga for students who don't play a team sport
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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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