

Nutritional Needs

Athletes of all ages need a well-balanced diet. Proper nutrition is important for:

- normal growth and development
- provides fuel for activity
- assists the body to repair injured tissues

ChooseMyPlate

Based on 2010 Dietary Guidelines for Americans. ChooseMyPlate focuses on 5 food sources that should be included in each meal:

Fruits- Use fruits as snacks, salads, and desserts. Always choose 100% fruit juices. 2 cups daily.

Vegetables- Try for red, orange and dark green vegetables. 2 ½ cups daily.

Grains- Make at least ½ of your grains daily whole grains. 6 ounces daily.

Dairy- Choose skim or low fat dairy products. 3 cups daily.

Protein Foods- Include beans, peas, nuts, seafood, and lean meats. 5 ½ ounces daily.

RECIPIE SUGGESTIONS

Peanut Butter Pumpkin Dip

- ¾ cup canned pumpkin
 - ½ cup smooth peanut butter
 - ⅛ cup honey
 - ¼ tsp. ground cinnamon
 - Apple wedges, celery, or crackers.
1. Mix pumpkin, peanut butter, honey, and cinnamon with mixer or by hand.
 2. Serve as a dip for apples, crackers, or whatever you may like!

Mini Pizza

- One half whole-grain English muffin, sandwich thin or small whole wheat pita bread
- Spoon full of ketchup or marinara sauce
- Grated cheese of choice
 - Optional:
 - Olives
 - Shredded carrots
 - Other vegetables

Toast bread, if desired. Spread on the sauce, sprinkle on the cheese, and add any additional vegetables. Heat to melt cheese.

Monster Smoothie

- 6 cups fresh baby spinach or kale
 - ½ cup fresh, drained canned pineapple chunks or pears
 - ½ banana
 - ½ cup water
 - 1 ½ cup ice
1. Using a blender, blend all ingredients together. Add more ice for a thicker smoothie.

Peanut Butter & Fruit Crunch

- 1 tbsp. peanut butter
 - 5 Triscuit crackers
 - ½ tbsp. honey
 - Sliced strawberries or bananas
1. Spread peanut butter on crackers, drizzle with honey.
 2. Top with sliced fruit.

Note: You can also use cashew butter or another nut butter variety.

Ants on a Log

- Celery sticks
- Peanut butter
- Raisins

Cut celery sticks. Put peanut butter into the celery and place raisins on top.

Fruit & Yogurt Parfait

- 1 cup low-fat PLAIN yogurt, preferably Plain Greek Yougurt
 - Fruit of choice – strawberry, blueberry, blackberry, mango, peach, banana
 - 2 tbsp. granola mix
1. Layer or mix together all ingredients.

Note: You can add variety by changing the flavor of the yogurt with different fruits.

Trail Mix

- Raisins
 - Almonds
 - Dried apricots
 - Sunflower seeds
 - Multigrain Cheerios or Chex cereal
1. Place all ingredients in a Ziploc bag, and shake to mix.

Note: Substitute any dry fruit, low sugar cereal, or nuts.

Fruit Kabobs

- Variety of fruits (pineapple chunks, banana chunks, apple slices, blueberries, strawberries, grapes)
- Pretzel sticks

Take any of your favorite fruits, cut them into bite size chunks and slide them down onto the pretzel sticks to form your kabob. It's also good to dip into your favorite low-fat or greek yogurt!

Energy Balls

- 1 cup rolled oats
- ½ c wheat bran
- 2/3 cup coconut
- 1 tbsp chia seeds (great anti-inflammatory properties!)
- 1/2 cup chocolate chips (dark chocolate is ideal, use a peanut butter or white chocolate chip for variety)
- 1 tsp vanilla extract
- ½ cup peanut butter (Prefer to use almond butter, Nutella can also work but is higher in sugar)
- 1/3 cup honey

Mix dry ingredients before adding moist ingredients. Refrigerate 30 min to make it easier to roll into tbsp sized balls.

Keep refrigerated. Bring 2-4 for a pre-practice snack.

Note: not a coconut lover?: substitute shaved almonds, chopped dates, chopped dried cranberries.

Healthy Snacking

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