



# Come Back Stronger Webinar Series

*September 8, 2020*





# American Dairy Association North East



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**REFUEL**  
**with chocolate**  
**MILK**

# Sports Nutrition Experts

## 2020 Sports Nutrition Advisory Panel





# ADANE Free Resources

## Packing a Winning Lunch for Student Athletes

By: Heather Mangels, RD, CSSD

*School's back in session! While many parents welcome the structure it also comes with some new stresses - planning and preparing the lunch box. Knowing what foods to pack, and how much, can be overwhelming for parents and athletes alike. Especially if you have a picky eater. Here are 3 simple tips along with some meal ideas to make packing and eating a winning lunch easier.*

### HAVE THE RIGHT EQUIPMENT

Imagine cross-country practice without running shoes - it wouldn't go as well, right? Most athletes understand the importance of having the right equipment for their sport, but failing for their sport means the same attention. To pack a winning lunch, you'll need some equipment to keep it fresh until it's time to eat. A cool lunch box cooler is a great start, but other equipment is necessary to maintain foods at a safe temperature and encourage variety. Things a variety of containers on hand to pack your lunch, as well as a few zip locks to keep foods cold. If you prefer hot meals, be sure to have a high-quality soup thermos or hot jar that keeps foods hot until it's time to eat. You can also buy thermal containers designed specifically to hold salads, salad dressing, and to keep foods separate until ready to assemble.

### KEEP HEALTHY FOODS ON HAND

Meals are busy enough without worrying about what to pack for lunch. That's why planning, preparing and packing foods in advance is key to packing a winning lunch. Take some time over the weekend to plan what you want to pack for lunch in the coming week, and make sure your refrigerator and pantry is stocked with those foods. Do some prep work in advance. Use chopping and cutting vegetables, making a pot of soup, or slicing chicken to go with crackers, fruit or on a sandwich. If portioning foods into containers isn't your thing, consider having pre-portioned or single-serve containers - such as single-serve cottage cheese and fruit, individually wrapped snacks and beverages.

### PACK WINNING COMBINATIONS

There is no such thing as the perfect food or meal - student athletes need a variety of nutrients from a variety of foods. For proper growth and development, and to perform well at their sport, when packing lunch, try to include something from each of the food groups. This is the best way to ensure you are packing getting a variety of nutrients.



## Performance Fuel for Your Dorm Room

By: Allison Kreimeier, MS, RD, CSSD

*A college student's lifestyle is extremely busy. And when you're a student athlete things can get overwhelming fast. In just one day, a student athlete can go from classes, training, and homework to training, recovery and film sessions. And, between all of that, comes the importance of eating for optimal performance.*


Most athletes benefit from eating 5-6 times per day, and that's hard to do if you rely on the school cafeteria or restaurants alone. The dining hall isn't likely available 24/7, so you will need to keep your own food on-hand to maintain the energy required for your sport. You also need protein to maintain your muscle mass. That's why stocking your dorm room with the right foods, tools and equipment is key to success. Use this guide to help you food shop so you're ready to fuel properly after training (or anytime hunger hits).

### Portable & Non-Perishable Foods:

- Jerky Trail Mix (store-bought or made with made with dried fruits, nuts and seeds)
- Popcorn
- Pretzels
- Whole Grain Crackers
- Nuts/Nut Butters
- Fresh Fruit/Canned Fruit/Dried Fruit
- Canned or Pouched Tuna/Chicken/Salmon
- Whole Grain Bread/Bagels/Tortillas
- Granola/Granola Bars
- Cottage and/or protein bars

### Foods for your fridge:

- Uncured Deli Meat
- Greek Yogurt Cups
- Yogurt-based drinks
- Hard Cheeses
- Cottage Cheese
- Hummus



## Can the KETO DIET Positively Impact Your Physique, Physiology and Performance?

By: Leslie Bonci, MPH, RD, CSSD, LDN

### ↑ PHYSIOLOGY

### COMPONENTS OF A KETO DIET

The goal of the ketogenic diet is to put your body into a state of ketosis where the muscle can use fat as the primary fuel source for exercise. To do this, the fat content of the diet is high, protein content is moderate (0.5-0.9 grams of protein per pound body weight per day) and carb intake is low, around 50 grams a day.

### EQUIPMENT


Just as you have equipment for your sport, you need to be equipped to properly follow a keto diet. To make sure you are following the ketogenic diet correctly, you'll need to monitor your ketone levels. A finger prick that measures the ketones in your blood is much more accurate than testing your urine, but it can be costly. You need a blood ketone meter that will show you whether or not you are in ketosis.

### WHAT YOU MAY NOTICE

Adapting to the diet can take some time. It typically takes a week to adjust. You may feel fatigued, or even "fluish" early on. This is due to the rapid excretion of sodium and fluids, from the body as you minimize carbohydrate intake. If you are a heavy or salty sweater, you'll need to make sure that you drink enough fluids and consume enough sodium. Keto-friendly options include: salting foods, broth, or adding soy sauce. You may have to ingest 3000-5000 milligrams of sodium per day, as well as additional potassium. Since potassium is found primarily in fruits and vegetables that are restricted on the keto diet, getting enough can be challenging. Magnesium and zinc needs are also higher

*As a sports dietitian, I work daily with professional athletes and active individuals looking for fueling strategies to improve performance, body composition, and health. One popular and enticing eating plan is the ketogenic diet. The keto diet has taken the internet by storm with highly influential followers. Some athletes report that following a keto diet has dramatically improved their performance. If keto is something you're considering, make sure it is a good fit before making your decision.*

*When considering if it is right for you, I'm talking about more than just the foods you have to eat or not eat. It is important to consider how it could impact your body physiology, your physique, and your sports performance. Here we will focus on how the keto diet may help, or hurt, people who are active and exercise regularly.*



## THEY'RE CALLED ESSENTIAL FOR A REASON.

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

AN 8-OUNCE SERVING OF MILK, FLAVORED OR NOT, GIVES KIDS AS MUCH.

- Protein as 1/4 medium egg
- Potassium as one small banana
- Riboflavin as 1/2 cup of whole almonds
- Niacin as 20 cherry tomatoes
- Calcium as 10 cups of raw spinach
- Phosphorus as 1 cup of canned kidney beans
- Vitamin D as 1/2 ounce of cooked salmon
- Vitamin B-12 as 4 ounces of cooked turkey

### THE 9 ESSENTIAL NUTRIENTS

milk life | MilkPEP

USDA National Nutrient Database for Standard Reference, Release 27

AMERICAN DAIRY ASSOCIATION

## Three Servings of Milk Deliver A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.\*

Milk's essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provide as much of each nutrient as:

ESSENTIAL NUTRIENT	AMOUNT IN 3 CUPS OF MILK	AMOUNT IN 3 CUPS OF MILK
PROTEIN	20g	20g
Calcium	300mg	300mg
Vitamin D	15IU	15IU
Phosphorus	240mg	240mg
Potassium	480mg	480mg
Riboflavin	1.8mg	1.8mg
Niacin	1.9mg	1.9mg
Vitamin B-12	1.2mcg	1.2mcg
Vitamin A	1200IU	1200IU

AMERICAN DAIRY ASSOCIATION

## WHAT'S IN YOUR GLASS OF MILK?

AFFORDABLE + NUTRITIOUS + ACCESSIBLE

**AFFORDABLE** Only \$0.26 per serving! Get the recommended 3 servings of dairy a day for under \$1.00.

**NUTRITIOUS** Milk contains essential nutrients like high-quality protein, calcium, vitamin D & more.

**ACCESSIBLE** You can buy milk at local grocery or convenience stores all year long!

AMERICAN DAIRY ASSOCIATION

\*Data Source: National Dairy Council (NDC)

AmericanDairy.com

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# Getting Real About Sports Nutrition For High School Athletes

Heidi Skolnik, MS, CDN, FACSM

Women Sports Medicine Center at Hospital for Special Surgery



# Let's Talk:

- Understand the conceptual framework for developing athletes' nutrition needs.
- Recognize the wide range of nutritional needs of high school athletes and how they differ based on growth, development and training duration/intensity.
- Strategies that can be encouraged at every age/stage.
- What you can do to encourage sports nutrition in your developing athletes.





# Here are some recommendations I found:

“These foods may make or break a young athlete’s success on and off the court.”

**“10 FOODS  
ATHLETES  
SHOULD  
EAT”**

Wild fish  
(Salmon,  
Tuna, Trout)

Organic  
Chicken

Grass-fed beef





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(Salmon, Trout, etc.)

Organic  
Chicken

Grass-fed beef



# High School Athletes; developMENTALLY



Freshman or Senior



Type A or Type B



Food Insecure



Supportive Home or Disordered  
Home



Team sport, high risk sport (gymnast,  
track, skating), competitive league



Teenager; in the here and now

**A small  
boost from  
a few ergogenic  
supplements**

*Final layer for elite athletes who have already  
achieved a sound nutrition plan*

**Added benefits from  
using sports foods before,  
during or after an event or  
workout to refuel,  
rehydrate, repair and adapt**

*If resources allow after foundation  
has been achieved*

**The Foundation:  
well-planned meals and snacks chosen  
from a range of nutrient-rich foods to  
meet sports nutrition goals**

*This is the priority for  
junior and development  
athletes*

# Polling Question #1



# Fundamentals

- Calories to fuel growth...males and females. Recognize the difference in the timeline for growth and the individual variability. Allow for personal and ethnic differences in body types.
- Understand body changes and effect on performance.

Females:  
Age 10-14  
Close to full ht 6-12  
months before  
menstruation ;  
Hip width, breasts

Males:  
Age 12, peak  
growth two years  
after puberty  
begins, 4 +  
inches / year,  
continues to put  
on wt and muscle

# Fundamentals



## Patterns

Then add  
Nutrient Timing



## Come to practice prepared

(uniform, sneakers,  
equipment, fed)-  
Ready to practice  
and play



Try new  
foods;  
expand food  
'vocabulary';  
promote self  
efficacy



## Balanced meals



## Hydration

# Talk 1:1 about goals and 'head space.'

## Use nutrition to support other goals

- Speed
- Power
- Endurance
- Strength
- (body)
- Concentration
- Skills
- Mood
- Sleep





# Fundamentals

- **Duration/intensity. One a day practice? What is training load?**
- **What does their day look like? KEY to helping them manage all of the above.**

# Busy schedules: When, Where and How are You Going to Eat?







# WHAT IS YOUR ATHLETE'S SCHEDULE?

- Wake: how far from school, how do they get to school, breakfast program at school?
- Classes: Start time?
- Lunch: 11:40 AM or 1:00?
- School Ends
- Practice 3:30 or 4:00? So four hours since they have eaten and by the end of practice 6 plus hours?
- Dinner (timing, access, commute)
- Nighttime Snack (skip, eat, graze all night and push bedtime later)
- Bedtime/sleep

# WHAT IS YOUR ATHLETE'S SCHEDULE? Example A



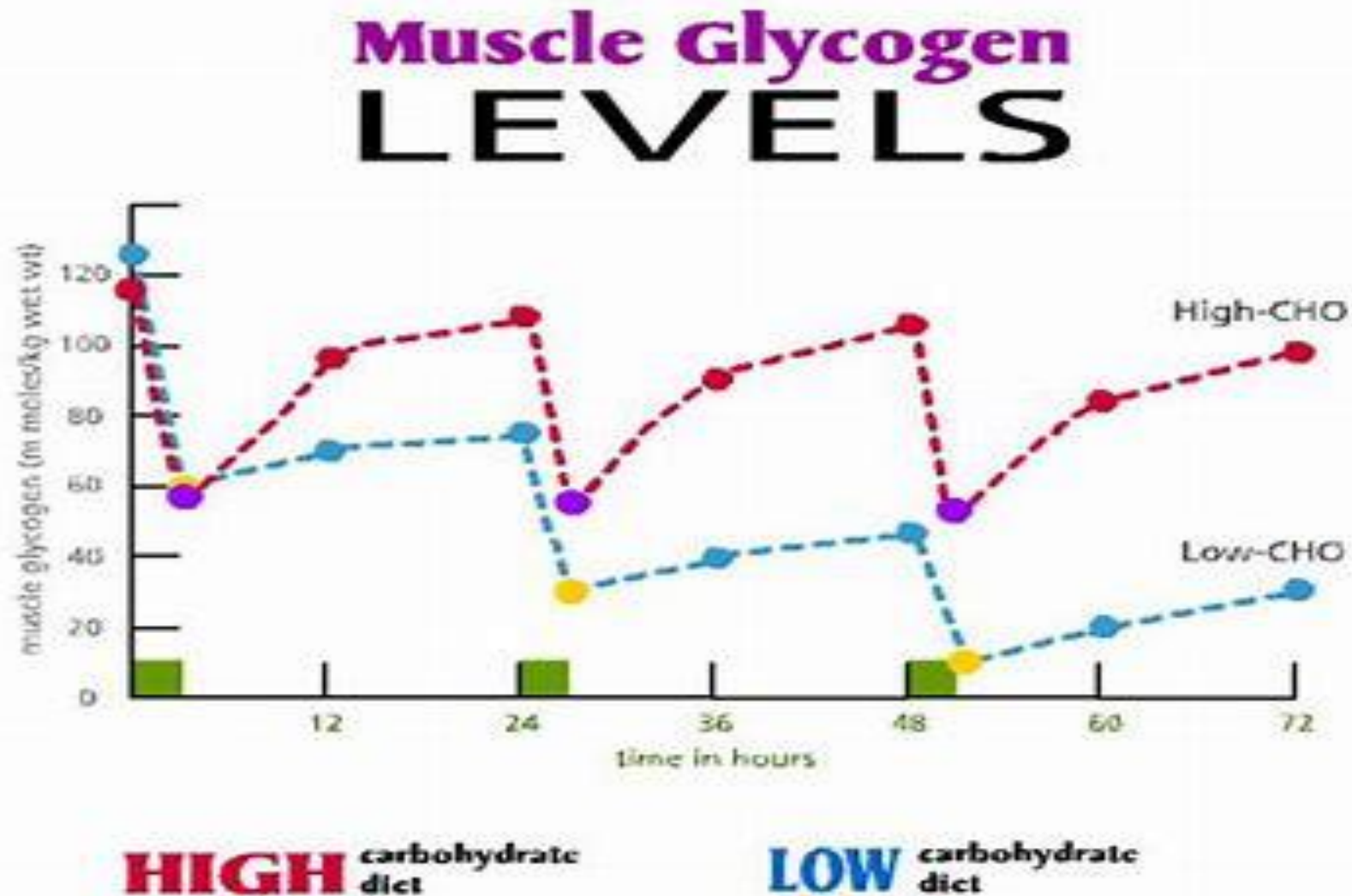
- Wake, grab a granola bar
- Classes
- Lunch: 11:40 AM- have a sandwich or a salad or chicken fingers or a yogurt and a fruit?
- School ends
- Practice 3:30 or 4:00. How well fueled are they? 500 calories?
- Dinner; a lot of whatever
- Nighttime Snack (skip, eat, graze all night and push bedtime later)
- Bed/Sleep

# WHAT IS YOUR ATHLETE'S SCHEDULE? Example B

- Breakfast 7:30 AM: Cereal, milk, fruit & a yogurt or egg and cheese on English Muffin and an OJ (300 -500)
- Lunch: 11:40 AM? Sandwich, fruit and yogurt or a burrito (600)
- Afterschool/pre-practice snack: pretzels (100 plus)
- Practice 3:30 or 4:00. Much better energy (1000- 1200 calories)
- Post Practice snack or right to dinner - timing, access, commute Chocolate Milk (300)
- Dinner: 800 (500-800)
- Nighttime Snack: based on need and timing (200-500)
- 2200-2800 calories



# Effects of Under Fueling on Quality of Practice



# we need to fuel ourselves and eat for many reasons

- ENERGY
- Hormones
- Bone health
- Mental function
- Immune system
- Recovery
- Risk of injury
- Etc ...





# WHEN TO SNACK

- In between meals to take the edge off hunger.
- Before a practice, a heat or competition, if you have not eaten in over three hours.
- After a hard bout of physical activity as part of recovery.

**How might each of these snacks look differently?**

# Polling Question #2

# MEAL TIME IS FOR NOURISHMENT

AROUND PERFORMANCE IS FOR FUELING



VS



Choose easy to digest carbohydrate foods before/during activity,  
carb/protein after (chocolate milk, peanut butter and banana)

# BEFORE

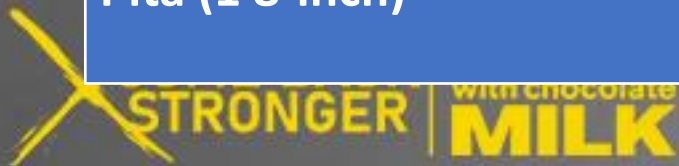
The closer to moving, the smaller the amount of food and choose the easier to digest foods.





# Before Practice

Two Hours	1 Hour	15-30 minutes
<b>Whole Grain Bread (2 slices)</b> <b>Sliced Turkey Breast (2 oz)</b>	Apple (1 medium)	Pretzels (1 oz)
<b>English Muffin (1)</b> <b>Peanut Butter (1.5 tbsp)</b>	Milk (1 cup) Banana (1 medium)	Half of a Banana (medium)
<b>Yogurt (6 oz)</b> <b>Pumpkin Seeds (2 tbsp)</b> <b>Dried Fruit (2 tbsp/1 oz)</b>	Yogurt (6 oz) Granola (1/4 cup)	Dried Fruit (2 tbsp/1 oz)
<b>Hummus (1/4 cup)</b> <b>Feta Cheese (1 oz)</b> <b>Pita (1 8-inch)</b>	Pita (1 8-inch) Hummus (1/4 cup)	Pita (1 8-inch)





# Pre- Practice or Competition Snack

- Applesauce (squeeze pouches) and other fruit source pouches
- Cereal Bars (Nature Valley, Nutrigrain, BelVita)
- Sports Bars (CLIF, LUNA)
- Salty Snacks (Pretzels, Chex Mix)
- Oatmeal Cups
- Fruit Cups (in juice) (peach cups seem easy for many)
- Dry Cereal (Cheerios; Chex.... variety)
- Fruit
- Mini bagels
- Overnight oats
- Banana with nut butter
- Peanut butter/banana/honey wrap- can cut into small pieces or eat whole
- Coconut water
- Sports drink

# RECOVERY

1. Replenish glycogen  
(carbohydrate stored in muscle)
2. Repair muscle tissue
3. Rehydrate
4. Rest

**Recovery Nutrition is most important:**

- Training hard on a daily basis
- More than one practice in a day



# RECOVERY

LBs (kg)	Protein .1-.25 g/kg	Carbohydrate .7 g/kg-1.2 g/kg or more!
110 (50)	5-13	35-60
120 (55)	6-14	39-66
130 (59)	6-15	41-71
140 (64)	6-16	45-77
160 (73)	7-18	51-88
170 (77)	8-19	54-92
185 (84)	8-21	59-101

Food	Protein	Carbohydrate
Greek Yogurt	15	11
Chocolate Milk 16 oz.	16	52
An egg or cheese stick	6/7	0 (so add a banana=30)
Jerky	14	0 (add a Cliff bar = 45)

**And then eat dinner an hour and a half later – that is how you restock your muscles.**

# Post Practice/ Competition Snack Ideas

---

- Chocolate Milk
- Lactose-Free Milk
- PB&J with Milk
- Tuna packets with crackers or a pita pocket
- Hard boiled eggs and crackers
- Cottage cheese with pineapple
- Dried fava beans or try garbanzo beans (buy snack packs)



# Post Practice/Competition Snack Ideas

- Jerky (Beef/Turkey) with pretzels
- Homemade trail mix (cereal/pretzels, nuts, dried fruit)
- Greek yogurt with fruit and/or granola
- Smoothie
- Recovery Shakes (shelf-stable)
- Recovery Bars (Whey, Almond Butter)
- Potato boat with chili, shredded cheese
- DIY burrito-style bowl with beans, rice plus...



# Four Simple Things Can Say/Do To Encourage

- ✓ Have you eaten breakfast today?
- ✓ Hope you all had a snack before practice.
- ✓ Remember to eat soon after practice (bring a snack).
- ✓ Build in water breaks (hydration next week).





EAT  
SLEEP  
WORK  
TRAIN  
REPEAT

# PERFORMANCE NUTRITION



- Consistency
- Energy
- Stamina
- Avoid Injury
- Stay healthy
- Sleep
- Mood
- Focus/concentration
- Weight Management
- Strength
- Bone health
- Maintain lean mass/body composition

# Summary

- Focus on building a fundamental nutritional foundation first
- Recognize where your athlete is developmentally
- Understand what their goals are
- Be sensitive to ethnic, cultural and economic and home situations



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# Summary

- Help athletes understand connection between food and fuel is positive
- Encourage eating before practice
- Encourage eating a recovery snack (or dinner and then a snack)



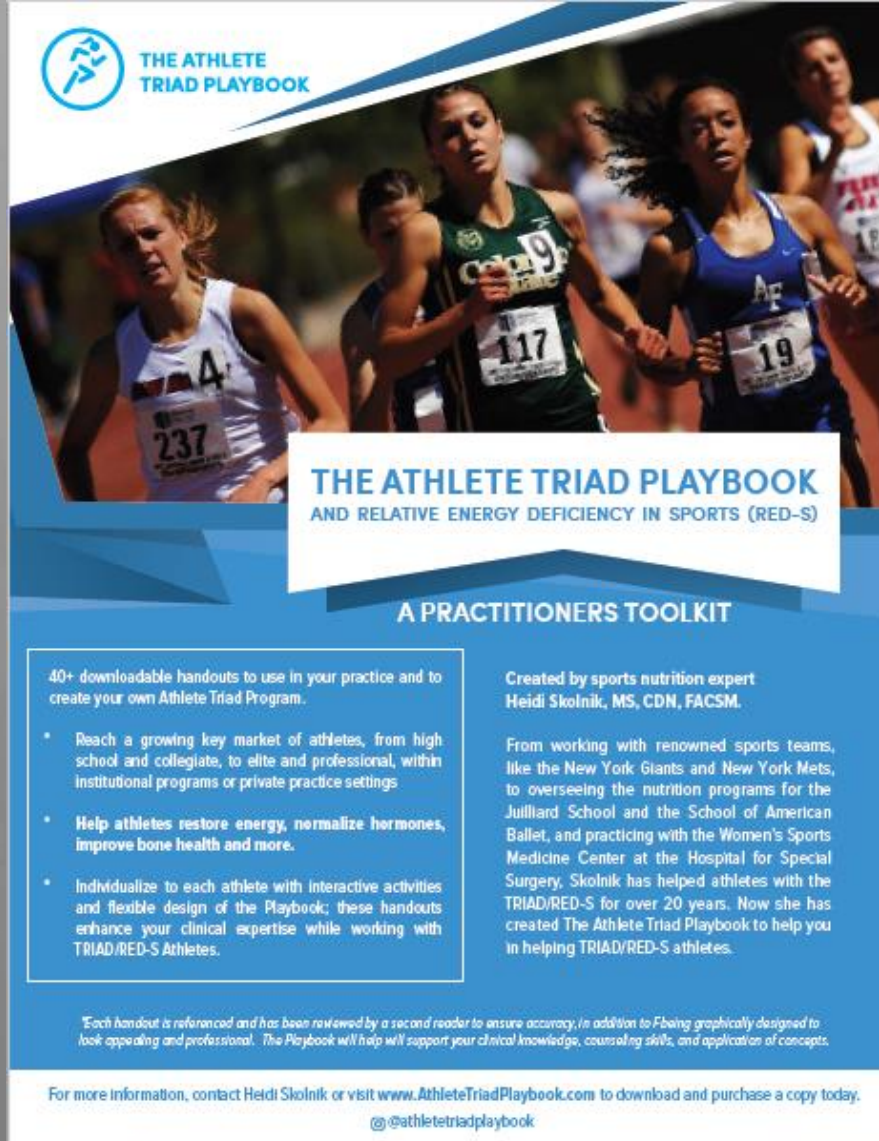
**Sports nutrition is a strategy for better performance.**


# Practice Makes Progress





# The Athlete Triad Playbook



 **THE ATHLETE TRIAD PLAYBOOK**

**THE ATHLETE TRIAD PLAYBOOK**  
AND RELATIVE ENERGY DEFICIENCY IN SPORTS (RED-S)

**A PRACTITIONERS TOOLKIT**

40+ downloadable handouts to use in your practice and to create your own Athlete Triad Program.

- Reach a growing key market of athletes, from high school and collegiate, to elite and professional, within institutional programs or private practice settings
- **Help athletes restore energy, normalize hormones, improve bone health and more.**
- Individualize to each athlete with interactive activities and flexible design of the Playbook; these handouts enhance your clinical expertise while working with TRIAD/RED-S Athletes.

Created by sports nutrition expert  
Heidi Skolnik, MS, CDN, FACSOM.

From working with renowned sports teams, like the New York Giants and New York Mets, to overseeing the nutrition programs for the Juilliard School and the School of American Ballet, and practicing with the Women's Sports Medicine Center at the Hospital for Special Surgery, Skolnik has helped athletes with the TRIAD/RED-S for over 20 years. Now she has created The Athlete Triad Playbook to help you in helping TRIAD/RED-S athletes.

\*Each handout is referenced and has been reviewed by a second reader to ensure accuracy, in addition to being graphically designed to look appealing and professional. The Playbook will help support your clinical knowledge, counseling skills, and application of concepts.

For more information, contact Heidi Skolnik or visit [www.AthleteTriadPlaybook.com](http://www.AthleteTriadPlaybook.com) to download and purchase a copy today.  
@athletetriadplaybook

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with chocolate **MILK**



# Thank You!

Heidi Skolnik, MS, CDN, FACSM  
Women Sports Medicine Center  
Hospital for Special Surgery

Twitter and Instagram @HeidiSkolnik  
@AthleteTriadPlaybook  
Facebook: NutritionConditioning







# Questions



# Upcoming Webinar

Registration information will be shared again in the post-webinar eblast



**MOLLY MORGAN, RD, CDN, CSSD**  
*Owner, Creative Nutrition Solutions;  
Binghamton University Men's Basketball Sports Dietitian*

*Hydration Tactics to  
Fuel High School Athletes*

**TUES | SEPT 15 | 3:30 pm**

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# Reminders

- Post-webinar polling questions
- Raffle Prize Winners
  
- Post Webinar E-Blast Coming Soon!  
Includes:
  - ✓Presentation Slides
  - ✓On-Demand Webinar Link
  - ✓Resources
  - ✓Registration info for upcoming webinar



Thank you!