



# Come Back Stronger Webinar Series

*September 15, 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 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 ice packs 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 cheese to pair 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.*

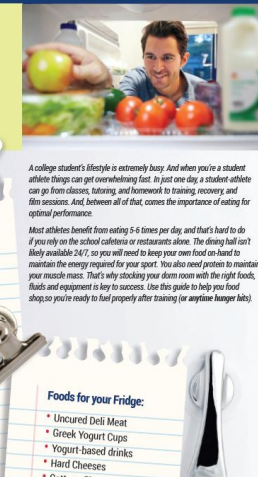
Most athletes benefit from eating 5-6 times per day, and that's hard to do if you rely on the school cafeteria or restaurants alone. The dining hall isn't likely available 24/7, so you will need to keep your own food on-hand to maintain the energy required for your sport. You also need protein to maintain 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

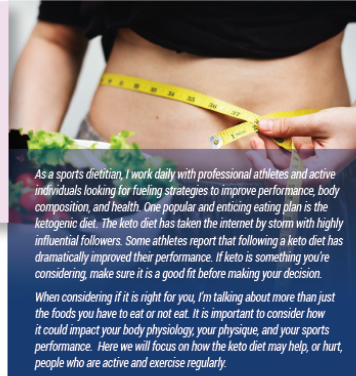
Just as you have equipment for your sport, you need to be equipped to properly follow a keto diet. To make sure you are following the ketogenic diet correctly, you'll need to monitor your ketone levels. A finger prick that measures the ketones in your blood is much more accurate than testing your urine, 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 cup 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 OTHER FOODS
PROTEIN	20g	2 large eggs
POTASSIUM	1,000mg	2 medium bananas
CALCIUM	300mg	10 cups of raw spinach
PHOSPHORUS	300mg	1 cup of canned kidney beans
NIACIN	20mg	20 cherry tomatoes
RIBOFLAVIN	1.8mg	1/2 cup of whole almonds
VITAMIN D	15IU	1/2 cup of cooked salmon
VITAMIN B-12	1.2mcg	4 ounces of cooked turkey

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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# Hydration Tactics to Fuel High School Athletes

*Molly Morgan, RD, CDN, CSSD*





# Today's Topics

1. Understand the importance of proper hydration for high school athletes and impact performance
2. Be familiar with the consequences of dehydration
3. Be aware of the current hydration recommendations for high school athletes, including before, during, and after practice
4. Understand when and why athletes might benefit from a sports drink rather than water





# Polling Question #1



# Hydration Importance

HYDRATION MATTERS

IT BENEFITS PERFORMANCE

ON AND OFF THE FIELD



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# Water is Powerful

EVERYTHING THAT HAPPENS IN THE  
BODY HAPPENS IN OR WITH WATER

YOU CAN'T SURVIVE WITHOUT WATER

50 – 60% OF THE BODY IS WATER

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# Daily Hydration

DAILY HYDRATION  
ROUTINE MATTERS

BEFORE, DURING, AFTER

SAFE AND SUCCESSFUL



Position Statement of National Federation of State High School Associations

<https://www.nfhs.org/media/1014751/nfhs-hydration-position-statement-final-april-2018.pdf>





# Why Worry?

Playing under-hydrated  
CAN NEGATIVELY impact  
sports performance



Position Statement of National Federation of State High School Associations

<https://www.nfhs.org/media/1014751/nfhs-hydration-position-statement-final-april-2018.pdf>



# Performance Connection

1 – 2 % FLUID LOSS CAN NEGATIVELY  
IMPACT PERFORMANCE

3%+ FLUID LOSS INCREASES RISK  
FOR HEAT-RELATED ILLNESS



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# Hydration Focus Points

DAILY FLUID INTAKE IS  
IMPORTANT

FOCUS ON FLUIDS:  
BEFORE, DURING, AFTER

MONITOR



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# Recommendations: Before, During, After

## DAILY: FOCUS ON HYDRATION

### HYDRATION SCHEDULE

Before (2 hours): 16 ounces

Before (15 minutes): 8 – 16 ounces

During: 4 – 8 ounces every 15 – 20 minutes

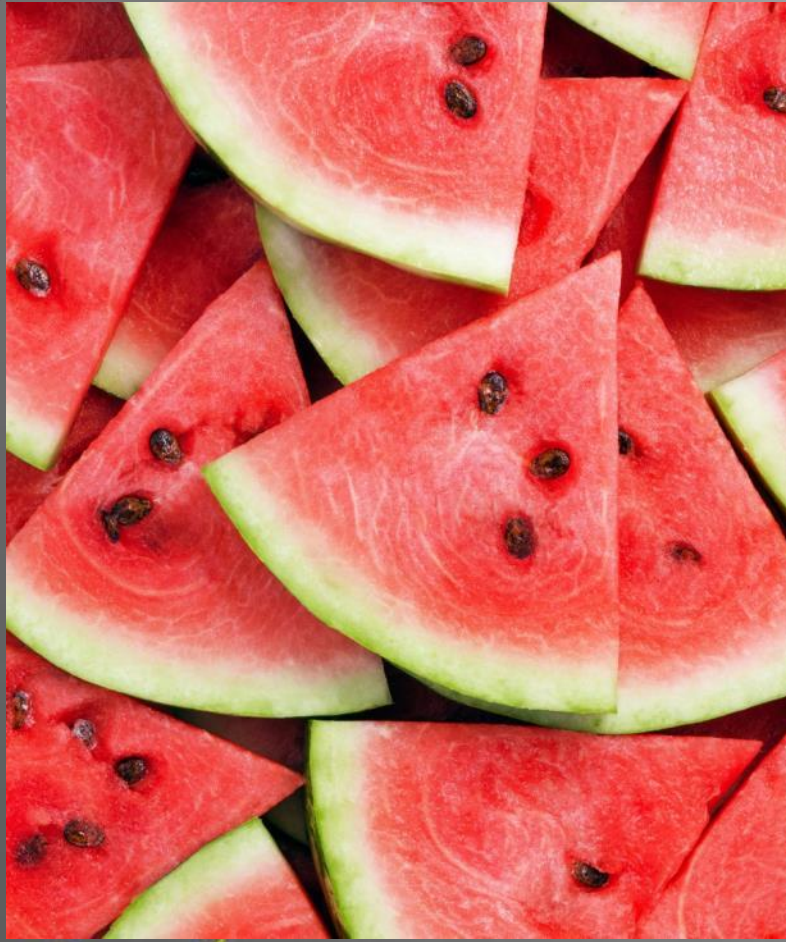
After: 24 ounces per pound lost







# DAILY: Hydrating Foods and Fluids



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# Polling Question #2





# During: What to Drink?

## MOSTLY WATER

## STRATEGIC USE OF SPORTS DRINK

- >60 minutes
- Multiple, same-day bouts of intense, continuous, or repeated exertion
- Warm-to-hot and humid conditions



Position Statement of National Federation of State High School Associations

<https://www.nfhs.org/media/1014751/nfhs-hydration-position-statement-final-april-2018.pdf>



# During: What to Avoid

## AVOID

- 100% Fruit juices
- Carbonated drinks

## NO “ENERGY” DRINKS



Position Statement of National Federation of State High School Associations

<https://www.nfhs.org/media/1014751/nfhs-hydration-position-statement-final-april-2018.pdf>





# After: Hydrating + Refueling

## HYDRATION SCHEDULE

Before (2 hours): 16 ounces

Before (15 minutes): 8 – 16 ounces

During: 4 – 8 ounces every 15 – 20 minutes

After: 24 ounces per pound lost





# Monitor

Checking weight can be helpful tool to monitor fluid loss/hydration status



Position Statement of National Federation of State High School Associations

<https://www.nfhs.org/media/1014751/nfhs-hydration-position-statement-final-april-2018.pdf>



# Monitor

**GOAL**

PALE LEMONADE COLOR

URINE

## URINE COLOR

Very Good

Good

Fair

Light Dehydrated

Dehydrated

Very Dehydrated

Severe Dehydrated





# What about energy drinks?

Water/Sports Drinks Should Be Used for Hydration

Energy Drinks **SHOULD NOT** be used for hydration before, during, or after

Absence of benefit and potential risk should be widely shared among athletes

Energy drinks **ARE NOT** sports drinks and should not be used by athletes



Position Statement of National Federation of State High School Associations

<https://www.nfhs.org/media/1014749/nfhs-energy-drinks-position-statement-final-april-2018.pdf>





# RECAP

HYDRATION CAN IMPACT PERFORMANCE

FOCUS ON HYDRATION DAILY

DRINK MOSTLY WATER THROUGHOUT THE DAY

HYDRATION ROUTINE: BEFORE, DURING, AFTER

MONITOR HYDRATION LEVEL

ENERGY DRINKS SHOULD NOT BE USED BY ATHLETES

STAY  
*hydrated*



# Polling Question #3



# References

Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance

<https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/nutritionathleticperf.pdf>

National Federation of State and High School Association Hydration Position Statement

<https://www.nfhs.org/media/1014751/nfhs-hydration-position-statement-final-april-2018.pdf>

National Federation of State and High School Association Use of Energy Drinks Position Statement

<https://www.nfhs.org/media/1014749/nfhs-energy-drinks-position-statement-final-april-2018.pdf>





# Discussion/Questions

*Thank you!*

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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
  - ✓Handout
  - ✓Resources



Thank you!