



Come Back Stronger Webinar Series

November 4th, 2020





American Dairy Association North East



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 pot that keeps foods hot until it's time to eat. You can also use thermal containers designed specifically to hold salads, salad dressing, and to keep foods separate until ready to assemble.

KEEP HEALTHY FOODS ON HAND

Mornings 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. Pre-chop and pre-cut vegetables, making a meal of prep, or slicing cheese to go with crackers, fruit or on a sandwich. If prepping foods into containers isn't your thing, consider having pre-prepared single-serve containers - such as Greek yogurt, cottage cheese and fruit, make-and-chance or granola and bananas.

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.




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.

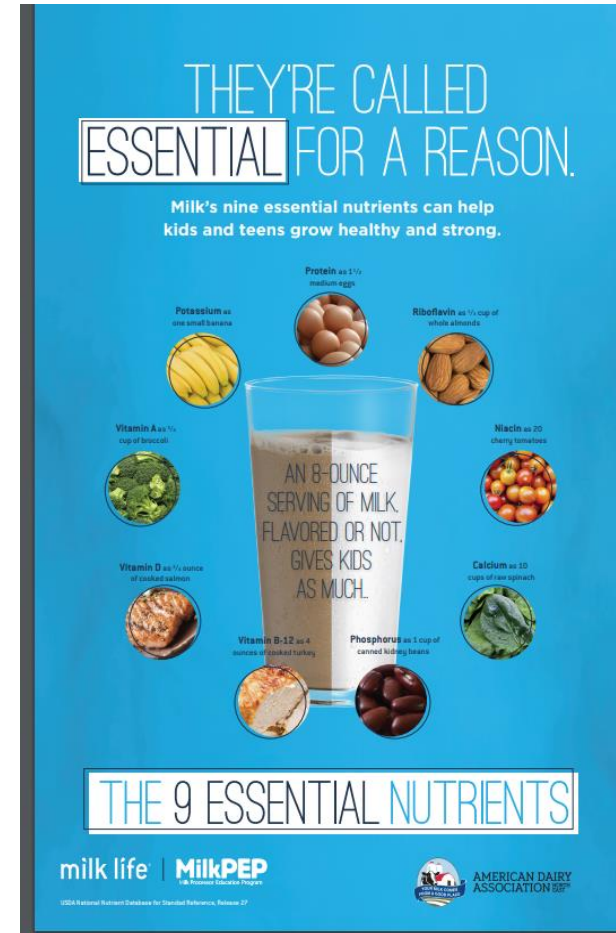


As a sports dietitian, I work daily with professional athletes and active individuals looking for fueling strategies to improve performance, body composition, and health. One popular and enticing eating plan is the ketogenic diet. The keto diet has taken the internet by storm with highly influential 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.

THE 9 ESSENTIAL NUTRIENTS

milk life | MilkPEP
USDA National Nutrition Database for Standard Reference, Release 27

AMERICAN DAIRY ASSOCIATION

Performance Fuel for Your Dorm Room

By: Allison Kreimeier, MS, RD, CSSD

Portable & Non-Perishable Foods:

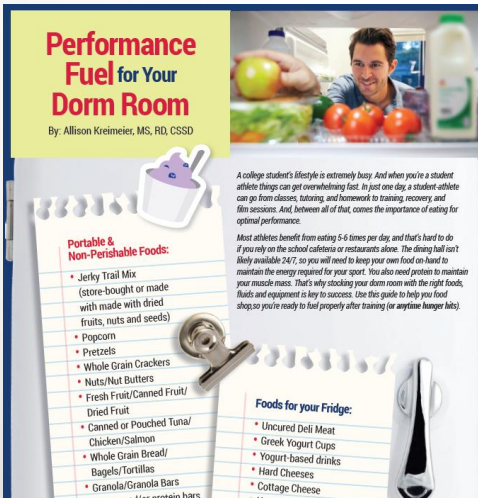
- Jerky Trail Mix (store-bought or made with made with dried fruits, nuts and seeds)
- Popcorn
- Pretzels
- Whole Grain Crackers
- Nuts/Butter
- Fresh Fruit/Canned Fruit/Dried Fruit
- Canned or Pouched Tuna/Chicken/Salmon
- Whole Grain Bread/Bagels/Tortillas
- Granola/Granola Bars
- Cottage and/or protein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

Foods for your Fridge:

- Uncured Deli Meat
- Greek Yogurt Cups
- Yogurt-based drinks
- Hard cheeses
- Cottage Cheese
- Ham...

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, tutoring, 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, fluids 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).



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	24g	24g
POTASSIUM	1,200mg	1,200mg
CALCIUM	1,300mg	1,300mg
VITAMIN D	150IU	150IU
VITAMIN A	1,200IU	1,200IU
VITAMIN B-12	1.2mcg	1.2mcg
PHOSPHORUS	1,200mg	1,200mg
NIACIN	1.8mg	1.8mg
RIBOFLAVIN	1.8mg	1.8mg

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!

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AmericanDairy.com

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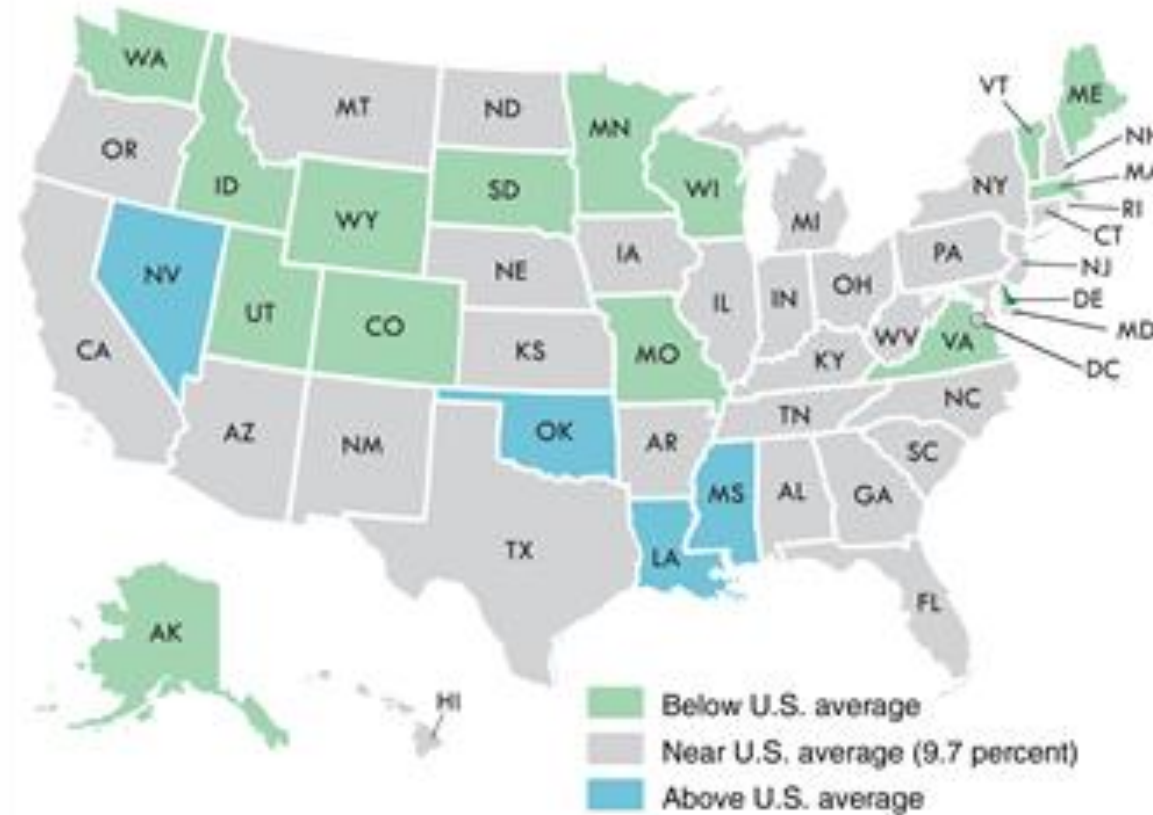
FEED THE NEED: HUNGER IN THE LOCKER ROOM

-
- Performance 365
 - Roberta Anding, MS, RDN, CSSD, CDE, FAND
 - Leslie Bonci, MPH, RDN, CSSD, LDN



Polling Question

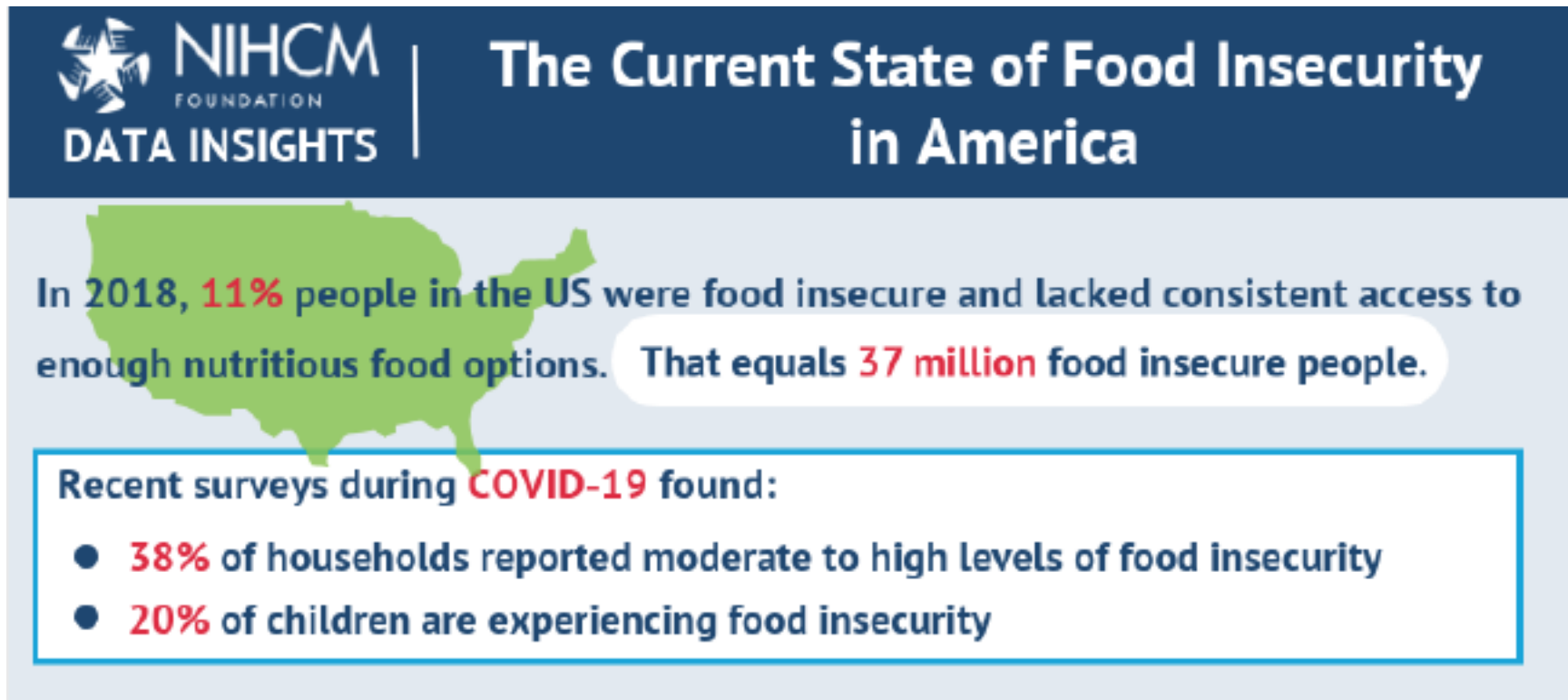
Rates of food insufficiency, June 18-June 23, 2020



Note: Food insufficiency means a respondent reported that their household sometimes or often did not have enough to eat in the previous 7 days.
Source: USDA, Economic Research Service using data from the Household Pulse Survey, U.S. Department of Commerce, Bureau of the Census.

RATES OF FOOD INSUFFICIENCY JUNE 2020

STATE OF THE PLATE



COVID-19 IMPACT ON FOOD INSECURITY

Food Insecurity projections	Scenario A	Scenario B	Scenario C
Child food insecurity rate, pre-COVID-19 (2018)	15.2% (1 in 7)	15.2% (1 in 7)	15.2% (1 in 7)
<i>Projected increase to child food insecurity rate (%)</i>	<i>11%</i>	<i>38%</i>	<i>61%</i>
Projected child food insecurity rate	16.8% (1 in 6)	21.0% (1 in 5)	24.5% (1 in 4)
Food-insecure children, pre-COVID-19 (2018)	11.2 M	11.2 M	11.2 M
<i>Projected increase to number of food-insecure children</i>	<i>1.2 M</i>	<i>4.2 M</i>	<i>6.8 M</i>
Projected number of food-insecure children	12.4 M	15.4 M	18.0 M

Source: Pre-COVID-19 rates and numbers are taken from [Household Food Security in the United States in 2018](#). All other figures are based upon calculations by Dr. Craig Gundersen.

FOOD SECURITY DEFINITIONS

- *High Food Security*

- “No reported indication of food access problems of limitation, access by all people at all times to sufficient food for an active and healthy life”

- *Marginal Food Security*

- “one or two reported indications- typically of anxiety over food sufficiency or shortage of food in the house.”

FOOD INSECURITY DEFINITIONS

- ***Low Food Security***
 - *Reports of reduced quality, variety or desirability of diet. Little or “no indication of reduced food intake*
- ***Very Low Food Security***
 - “reports of multiple indication of disrupted eating patterns and reduced food intake.”

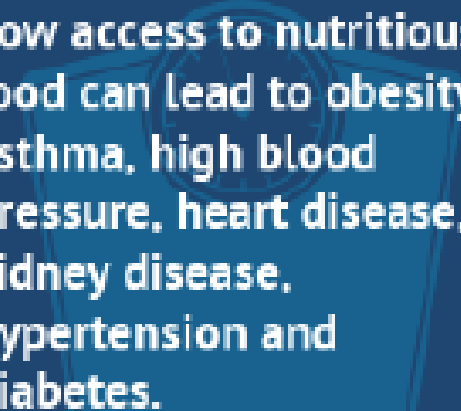
HOW AND WHY FOOD INSECURITY OCCURS

- **Situational Food Insecurity**
 - loss of job
 - working hours cut back
 - medical expenses
 - affordable childcare
 - affordable housing
 - natural disasters (Hurricanes, Tornadoes, COVID-19)
 - death of family member
 - college student
- **The face of hunger is constantly changing in U.S.**

Lack of adequate food consumption impacts health outcomes

Chronic Conditions

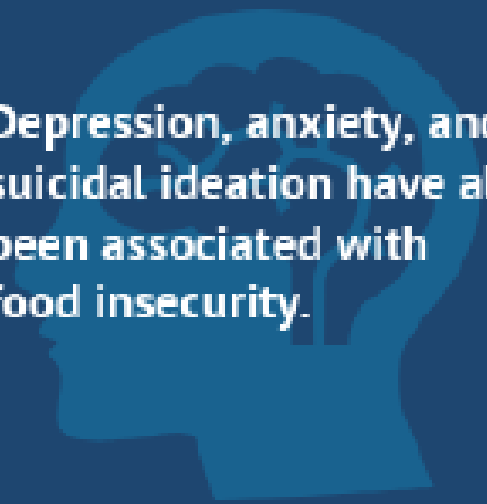
Low access to nutritious food can lead to obesity, asthma, high blood pressure, heart disease, kidney disease, hypertension and diabetes.



Food security status is often a stronger predictor of the **top chronic conditions** than **income**.

Mental Distress

Depression, anxiety, and suicidal ideation have all been associated with food insecurity.



Food Deserts vs Food Swamps

- Food deserts- limited access to fresh fruits/vegetables and much smaller selection of foods at a higher price
- Food swamp- increased availability of high calorie, high fat foods usually via increased fast food availability



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HARSH REALITY

- Prior to the pandemic: 1 in 7 kids in the US lived with food insecurity
- With the pandemic 1 in 4 kids in the US could face hunger
- 1 in 8 households do NOT have enough to eat

Food insecurity disproportionately affects minority populations

PERCENTAGE OF HOUSEHOLDS EXPERIENCING FOOD SECURITY AND INSECURITY:

NUMBER OF FOOD INSECURE HOUSEHOLDS:

White

91.9%

8.1%

6.9M

Black

83.8%

16.2%

3.5M

Hispanic

78.8%

21.2%

2.9M

Other Groups

89.9%

10.2%

1.0M

FOOD SECURE

FOOD INSECURE

Barriers and risk factors that affect food security

What barriers prevent access to food?

- Income level and employment
- Physical access to affordable and nutritious foods
- Transportation options
- Disability and mobility status

Who is at risk of being food insecure?

- Households with children
- Single parent households
- Households below the poverty line
- Minority households

HUNGER

- How to define
- Enough
- Inadequate amounts
- Inadequate amounts as an athlete
- Impact of hunger
- Cognitive
- Physical
- Performance
- Health

Can Students and their Families Meet the Dietary Guidelines for Americans (DGA)

- The DGA provide nutritional guidance for Americans over 2 and are updated ~ every 5 years
- What are the barriers ?
 - Food deserts and swamps
 - Knowledge deficit- what really is good nutrition?
 - Lack of cooking skills
 - Lack of time- going to school and working
 - Limited financial resources- made worse by the pandemic
 - Lack of time
 - High calorie needs to fuel growth and development and physical activity
 - National School Lunch program provides between 750-850 calories for lunch (high school)

Calorie and Protein Needs for Adolescent Athletes- moderate activity

Age (yr)	RDA (Median)	Kcal/cm (Median)	Protein RDA	Pro g/cm
11-15	2500	15.9	45	0.29
15-18	3000	17.1	59	0.34
19-22	2900	16.4	58	0.33
11-15	2200	14	46	0.29
15-18	2200	13.5	44	0.27
19-22	2200	13.4	46	0.28

SOURCE: Adapted from the Dietary Reference Intakes National Academies Press. Copyright 2004, by the National Academies of Sciences.

In a land of plenty, young adults need more:

- Vitamin A
- Folate
- Niacin
- Riboflavin
- Thiamin
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- Calcium
- Magnesium

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Nutrient	Food Source
Potassium	as one small banana
Protein	as 1 1/2 medium eggs
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 B-12	as 4 ounces of cooked turkey
Vitamin D	as 1/4 ounce of cooked salmon
Vitamin A	as 1/4 cup of broccoli

THE 9 ESSENTIAL NUTRIENTS

milk life | MilkPEP
Milk Promotion Education Program

USDA National Nutrient Database for Standard Reference, Release 27

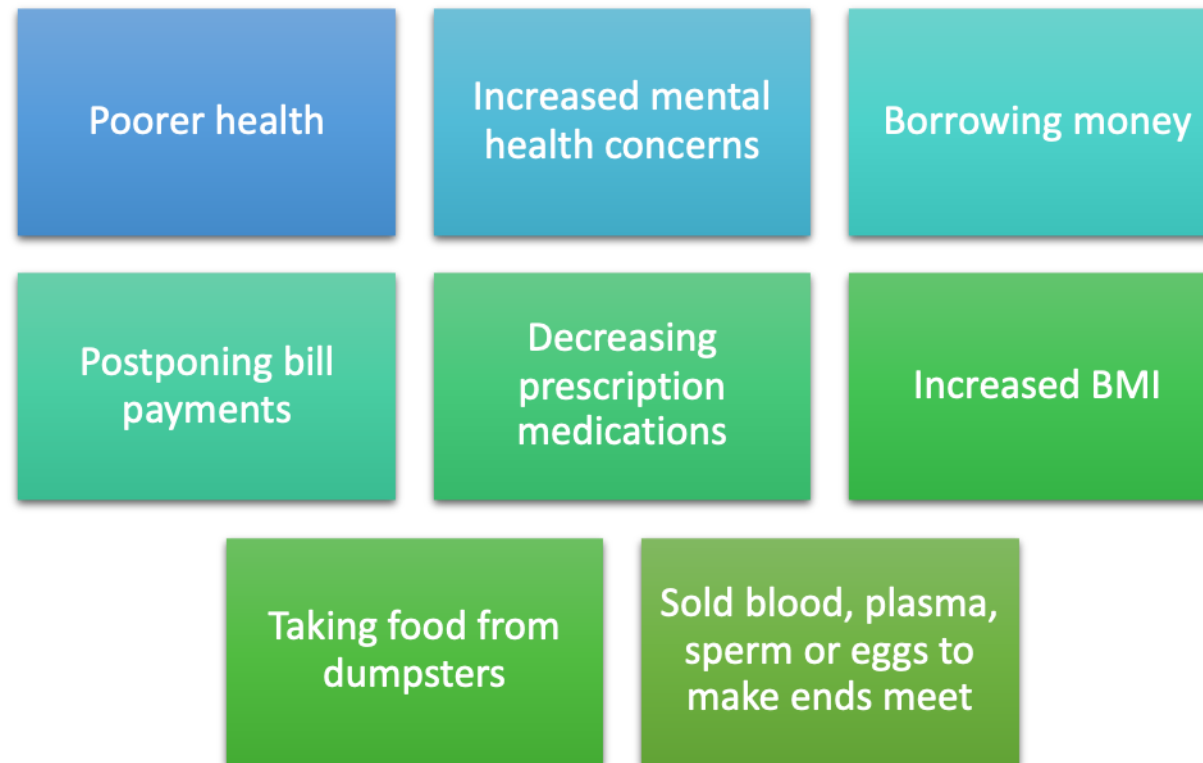
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CONSEQUENCES OF FOOD INSUFFICIENCY

- Poor ability to concentrate
- Falling asleep
- Irritability
- Lack of focus
- Poor recall of information
- Higher level math, science courses are most difficult
- Low blood sugar is the driving cause
- When food becomes available, carbohydrate is preferred- salty or sweet food preferred



Health Consequences and Coping Strategies



BEING THE ATHLETE'S ADVOCATE

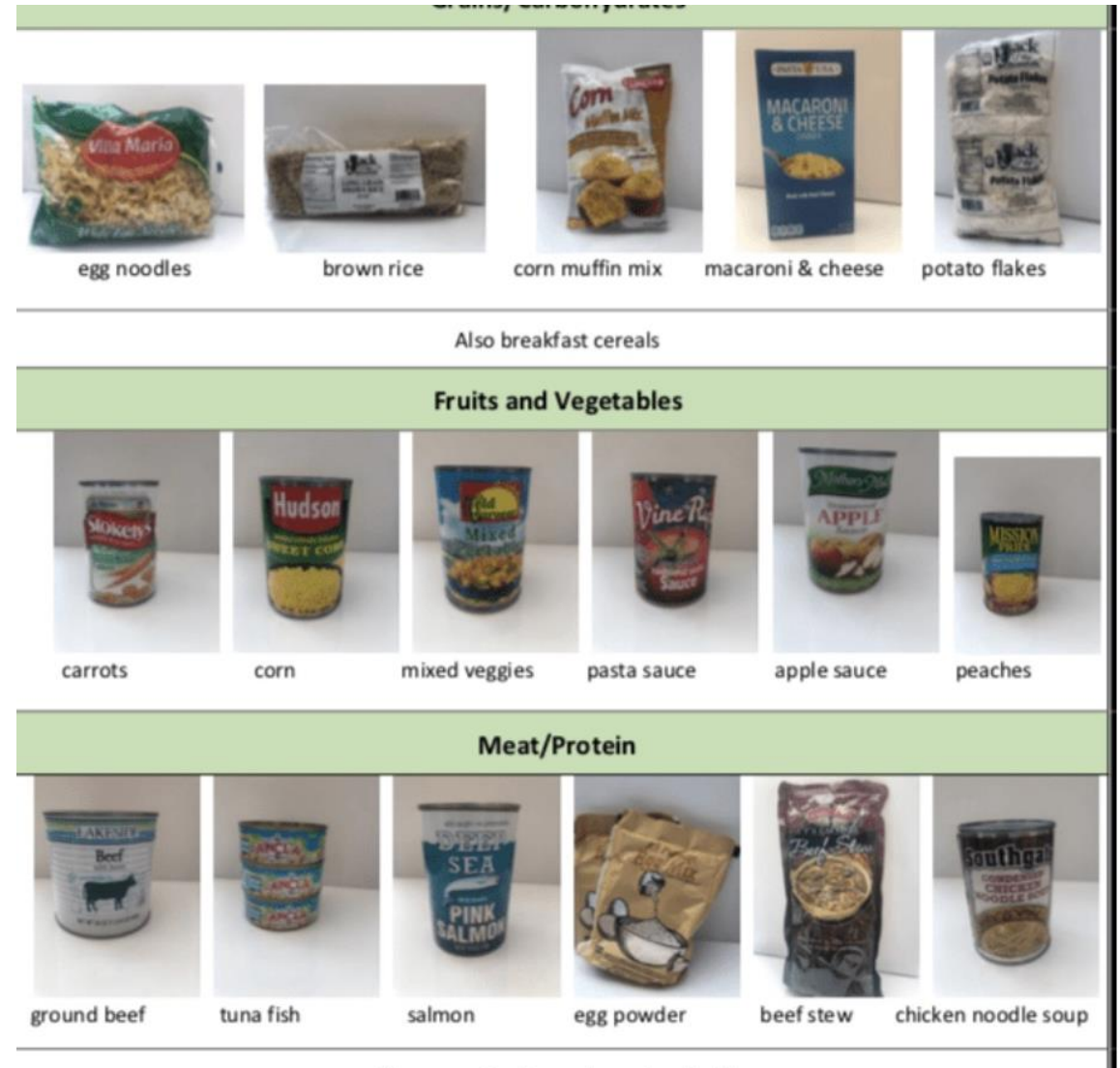
- Gain their trust
- Consider making energy breaks before and after practice mandatory
- Organize breakfast to go bags
- Consider establishing a “lending locker”
- Be careful of the words you use/ guidelines for students
- Encourage parents and booster club involvement

ARE RECOMMENDATIONS REALISTIC?

- Eat smaller more frequent meals
- Increase protein through supplements
- Limit processed foods
- Only eat fresh produce
- Avoid canned, boxed foods
- Make from scratch
- Only buy organic
- Eat clean

STATE OF THE PLATE


- Number of families receiving food assistance has increased exponentially
- Shortfall nutrients
- 1 in 10 consuming enough produce
- ALL forms of produce are fine
- Food choices must be available and affordable
- Must meet people where they are
- Provide resources-Recipes EatUp
<https://clancyharrison.com/recipes>





WEALTH ON THE SHELF

- Culinary sufficiency
 - Recipes-Videos, blog posts, texts
 - Equipment
 - Knowledge
 - Experience
 - Budgeting



PICK WISELY:

Low cost & nutrient dense

- Food choices do not need to be elite for you to compete
- Buy what you can afford
- Frozen, fresh, canned, dried produce
- Evaporated and powdered milk
- Canned meats
- Beans
- Rice, pasta, oats
- Store brand cereals

LOW COST AND NUTRIENT DENSE FOODS

PROTEIN	PRODUCE	GRAINS
Milk: fresh, evaporated, non- fat dry	Canned vegetables	Oatmeal
Eggs	Canned fruit	Store brand cereals
Canned fish Canned chicken	Potatoes	Rice- white or brown
Beans- canned or dry	Canned or frozen corn	Pasta
Texturized vegetable protein	Bananas	Barley
Peanut butter	Apples	Popcorn
Ground beef	Cabbage	Tortillas
Frozen shredded chicken	Canned tomatoes	Frozen pizza crusts
Frozen fish fillets	Vegetable/bean soup	Pancake mix
Large containers of yogurt	Spaghetti sauce/salsa	
Cheese		

SCORE AT THE DOLLAR STORE



Carbs/grains



Produce



Protein



Fats

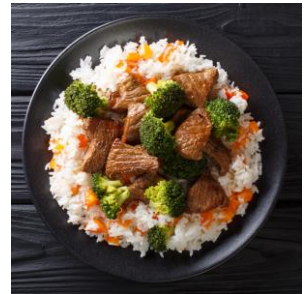
BREAKFAST FROM DOLLAR STORE FOODS

- Breakfast Burrito: whole grain tortilla, scrambled egg, cheese, tomato, spinach and a banana on the side
- Whole grain cereal with milk, peanut butter on whole grain bread with canned peaches on the side
- Oatmeal made with yogurt or milk, sliced banana, sprinkled hot cocoa mix, and glass of orange juice



LUNCH FROM DOLLAR STORE FOODS

- Tuna, veggie and cheese pasta with a sliced orange
- Beef and Rice Bowl: canned beef cubes, frozen broccoli carrots, Soy sauce, rice and fruit cocktail
- Chicken patty sandwich: breaded chicken, bun, salsa, cheese and sides of canned green beans and applesauce



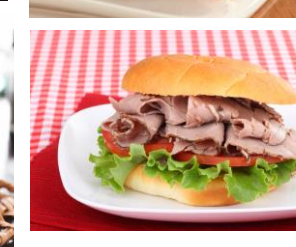
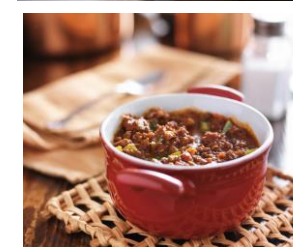
DINNER FROM DOLLAR STORE FOODS

- Chili on a baked potato: chili with ground beef or canned chili, canned black beans, corn
- Mac and cheese with pureed white beans, fluid/evaporated milk, Parmesan cheese, canned mixed vegetables
- Fish tacos with fish sticks, shredded cabbage, salsa, tacos and canned pineapple on the side



HIGH PROTEIN FAST FOOD MEALS < \$3.00

- Single cheeseburger & fruit /yogurt parfait (McDonalds)
- Sausage Egg McMuffin (McDonalds)
- Shredded Chicken Quesadillas (Taco Bell)
- Large Chili (Wendy's)
- Roast Beef and Value shake (Arby's)
- Crispy Chicken Sandwich (Wendy's)





BUDGET BAGS

HOW TO HELP

School-wide
initiative-
#feedtheneedteam

Cooking demos with
food pantry staples
with parents/food
service

Athlete advocates

Meal extenders-
how to

Budget shopping-
tour of the Dollar
store

Food safety
concerns

Resources

DIY vs pricey
supplements to buy

Share packages

BOTTOM LINE



Nurturing mind and body go hand in hand.



Food insecurity impacts health, body weight, chronic disease risk and academic success.



Good nutrition doesn't have to be expensive - but planning is needed.



Students need help with cooking skills, understanding the finances of food and easy recipes.



#enabledtable #foodforall



Discussion/Questions

Thank you!



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!