



Come Back Stronger Webinar Series

November 18th, 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 Mangini, RD, CSSD

School is back in session! While many parents worry about the structure of the lunch box, knowing what to pack is just as important. If you have a good idea of what to pack, you can help your child stay focused and energized throughout the day.

HAVE THE RIGHT EQUIPMENT
Invest in a good lunchbox. A lunchbox with a built-in cooler is a great idea, but other equipment is necessary to maintain foods at a safe temperature and encourage eating. Things a student athlete needs to have on hand to pack their lunch, as well as how to pack it, are listed below. If you prefer not to pack, there are many ways to get your child's lunch at school. If you have a high-quality lunch delivered to your child's school, it's a good idea to ask the school to provide a lunchbox for your child. If you have a high-quality lunch delivered to your child's school, it's a good idea to ask the school to provide a lunchbox for your child.

KEEP HEALTHY FOODS ON HAND
Having a few healthy snacks on hand is a good idea. Having a few healthy snacks on hand is a good idea. Having a few healthy snacks on hand is a good idea. Having a few healthy snacks on hand is a good idea.

PACK WINNING COMBINATIONS
There is no such thing as a perfect lunch. A student athlete's lunch should be a combination of healthy foods. A student athlete's lunch should be a combination of healthy foods. A student athlete's lunch should be a combination of healthy foods.

Performance Fuel for Your Dorm Room

By Allison Kornmeier, MS, RD, CSSD

A college student's lifestyle is extremely busy. And when a student athlete, they can't afford to skip a meal. A student athlete can't afford to skip a meal. A student athlete can't afford to skip a meal.

Portable & Non-Perishable Foods:

- Jerky Trail Mix
- Tuna-broiled or canned with apple with dried fruits, nuts and seeds
- Popcorn
- Pretzels
- Whole Grain Crackers
- Nuts/Trail Mix
- Fresh Fruit (Canned Fruit)
- Dried Fruit
- Canned or Packaged Tuna/Chicken/Salmon
- Whole Grain Bread
- Bagels/Tortillas
- Granola/Cereal Bars
- Energy and/or protein bars

Foods for Your Fridge:

- Uncured Deli Meat
- Greek Yogurt Cups
- Yogurt-based dips
- Hard Cheeses
- Cottage Cheese
- Eggs

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

By Leslie Bonci, MPH, RD, CSSD, LDN

1. 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 "keto" 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.

IMPACT ON APPETITE
After the period of adaptation, you may feel less hungry throughout the day. For someone who is sedentary that may be fine, but a reduction in appetite may not be a good thing. If you train many hours a day and don't eat enough, you could end up in energy deficit, and that can negatively impact health and athletic performance.

IMPACT ON GUT HEALTH
Some keto-advocates note that their digestive symptoms improve on a keto diet. While this may be reported, there is concern that inadequate intake of carbohydrates and fiber could be more harmful than helpful to the gut.

IMPACT ON BONE HEALTH
Active individuals need to provide their supporting structure the nutrients it needs to stay strong. That means getting enough calcium and vitamin D daily. Full-fat dairy fits into a keto plan and provides the calcium that is necessary to support bone health. Cheese and Greek yogurt are also low in carbs, making them good options to get bone-supporting nutrients each day when following a keto diet.

IMPACT ON INFLAMMATION
Some studies have shown decreased markers on inflammation when following

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 1/2 medium eggs
- Calcium as 10 percent of daily needs
- Vitamin D as 1/4 of daily needs
- Vitamin B12 as 1/4 of daily needs
- Phosphorus as 1/4 of daily needs
- Vitamin A as 1/4 of daily needs
- Vitamin E as 1/4 of daily needs
- Vitamin K as 1/4 of daily needs
- Vitamin C as 1/4 of daily needs

THE 9 ESSENTIAL NUTRIENTS

milk life | MILKPEP

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:

- 1/2 cup of almonds
- 1/2 cup of raisins
- 1/2 cup of lentils
- 1/2 cup of chickpeas
- 1/2 cup of kidney beans
- 1/2 cup of black beans
- 1/2 cup of pinto beans
- 1/2 cup of navy beans
- 1/2 cup of lima beans
- 1/2 cup of cannellini beans
- 1/2 cup of great northern beans
- 1/2 cup of chickpeas
- 1/2 cup of lentils
- 1/2 cup of raisins
- 1/2 cup of almonds

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 \$10.00.

NUTRITIOUS
Milk contains essential nutrients like high-quality protein, calcium, potassium & more.

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

AMERICAN DAIRY ASSOCIATION

AmericanDairy.com

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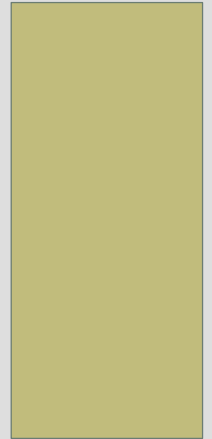
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NUTRITION RECOMMENDATIONS FOR STRENGTH TRAINING IN THE HIGH SCHOOL ATHLETE

SUE A. JAMES, MS, RDN, LDN
PINNACLE HEALTH & WELLNESS



POLLING QUESTION #1

NUTRITION

“If you don’t show up for meals, you might as well not show up for a workout or game.”



GROWTH & DEVELOPMENT

- Increased calorie and protein need for growth & development
- Significant strength gains can occur once the body is producing enough hormones
- Tanner Stages - identify growth & development stages
- Strength training is affected by hormones and body composition changes

MUSCLE COMPOSITION

Body is 60-70% Water

Muscle Fiber~ Water – 75%

~ Protein – 20%

~ Sodium and other ions – 5%



YOUNG ATHLETES & EXERCISE

- Not at appropriate Tanner Stage
 - Plyometrics
- Exercise Bands
- Flexibility & Conditioning
- Sports specific activities
- Build strong bones with exercise if not at Tanner stage to add lean muscle

MEAL PLANNING TO SUPPORT STRENGTH TRAINING

AN OVERVIEW

NUTRITION PLANNING

- Maintaining body weight for optimal power, performance, and recovery
- Low energy intakes (not eating enough) →

Loss of muscle mass

Decreased bone density

Risk of fatigue, injury, or illness

Longer recovery time

Compromises performance

POLLING QUESTION #1

CARBOHYDRATES

- Healthy Sources

Whole grains, pasta, breads, rice, beans, vegetables, fruit

- Nutritional Benefits

Primary source of energy, vitamins, minerals and fiber

- Athletic Performance Benefit

Energy source, muscle fuel for exercise/practice



MUSCLE FUEL= HEALTHY GRAINS

Cereal-Raisin Bran, Oatmeal
Whole Grain Bagels/Bread
Sweet Potatoes, Potatoes w/skin
Corn/Peas/Lima Beans
Rice (brown, white)
Noodles (wheat)
Tortillas



PROTEIN

- Healthy Sources

Fish, poultry, lean red meat, eggs, beans, dairy foods

- Nutritional Benefits

Provides amino acids, the building blocks of protein, iron, B-12, folic acid

- Athletic Performance Benefit

Assists in the repair and strength building of muscle tissue

Works with carbohydrates to enhance recovery after exercise



PLANT BASED PROTEINS

Food Item	Serving Size	Protein (g)	Carbohydrates (g)
Lentils	1 cup	18	40
Edamame	1 cup	17	20
Black Beans	1 cup	15	41
Chickpeas	1 cup	15	45
Tofu	½ cup	6	3
Quinoa	1 cup	8	40
Brown Rice	1 cup	5	45
Oatmeal	1 cup	6	43
Wheat Pasta	1 cup	8	38
Green Peas	1 cup	9	23
Spinach	1 cup	5	7

FATS

- Healthy Sources

Olive oil, canola oil, avocado, nuts, nut butter, sunflower seeds

- Nutritional Benefits

Provide fat soluble vitamins (A, D, E, K), omega 3 fatty acids,

- Athletic Performance Benefit

Fuel source for low intensity exercise and long duration exercises



SUPPLEMENTS

Supplement Facts Label

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	15 mg	100%
Riboflavin	17 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Other Ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, propylparaben, and sodium benzoate.		

Nutrition Facts Label

Nutrition Facts	
Serving Size 2 tbsp. (33 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 20	Calories from Fat 10
% Daily Value*	
Total Fat 1 g	2%
Sodium 190 mg	8%
Total Carbohydrate 2 g	1%
Protein 1 g	
Vitamin A 2%	• Vitamin C 15%
Iron 10%	• Vitamin B6 20%
Vitamin B12 4%	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, and calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	



NSF Certified - purity of the products

SUPPLEMENTS

- Food First – athletes generally don't require supplements
- MVI may be necessary - dieting, skipping food groups or avoiding certain foods, injury, or traveling
- Protein Powders/Protein Smoothies – 1/day
Stomach upset (add carbohydrates)

SUPPLEMENTS

- Amino Acids
- BCAAs - research not conclusive
- Leucine - stimulates muscle protein synthesis
 - milk & dairy, chicken
- Vitamin D - skeletal muscle tissue
 - Maintain optimum levels- immunity, increased aerobic capacity, optimize muscle growth, force and power production

CALCIUM & VITAMIN D

Deficiency in Athletes

Stress Fractures

Decreased Immunity

Skim or Low-Fat Milk *

Low Fat Yogurt/Greek Yogurt

Cottage Cheese

(3 servings a day)

*Lactose free or fortified soy milk

STRENGTH GAIN STRATEGIES

- Add ~500 calories a day
- Eat 3 meals and 1-2 snacks daily
- Increase portion sizes at meals
- Drink low-fat milk, chocolate milk, or 100% juice, with meals/snacks
- Choose nutrient dense snacks (pb&j sandwiches, trail mix, etc.,)
- Do not miss/skip meals

TIPS TO ADD CALORIES

- Choose hearty breads i.e. sub rolls, bagels, Kaiser rolls, etc.,
- Add dried fruits to cereals, nuts, yogurt
- Use oils (olive, canola) in cooking
- Add a spoonful of dry milk powder to potatoes, oatmeal, soups and smoothies (60-90 calories)
- Top potatoes with cottage cheese, low-fat Greek yogurt and salsa
- Eat nutrient dense cereals i.e. granola or muesli and top with raisins, Craisins, walnuts, Greek yogurt, etc.

HIGH CALORIE MEAL PLAN

- Breakfast - Eggs, Wheat Toast, Low-Fat Milk, Banana

Snack - Peanuts & Raisins (Snack size baggie)

- Lunch - Ham & Cheese Sandwich, Pretzels, Apple, Low-Fat Milk

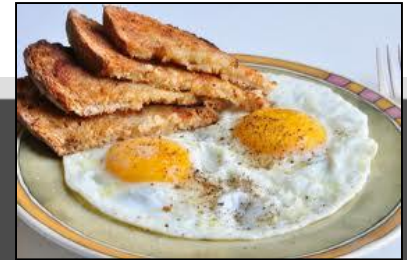
Snack - 6 Fig Bars, 100% Fruit Juice

- Dinner - Pasta w/Meat Sauce, Dinner Roll, Green Beans, Low-Fat Milk

Snack - PB&J Sandwich, Chocolate Milk

CARBS & PROTEIN

Breakfast



2:1

Oatmeal, Peanut Butter, Apple, Milk, Water

Egg White Omelet, Wheat Bagel w/Whipped Cream
Cheese, Orange, Milk, Water

Scrambled Eggs, Wheat Toast w/Margarine,
Melon, Milk, Water

CARBS & PROTEIN

2:1

Lunch or Dinner



Turkey Sandwich w/ Cheese, Apple, Carrots, Milk, Water

Black Bean Burger on a Roll, Orange, Tomato Soup, Milk, Water

Baked Chicken, Baked Sweet Potato, Green Beans, Fresh Pineapple,
Milk, Water

Fish Tacos w/Salsa, Rice& Beans, Broccoli, Milk, Water

TRAVEL SNACKS & BEVERAGES

- Pack & Carry:
 - Water and Extra Water
 - Milk, Chocolate Milk, Sports Drink
 - Peanut Butter Cups, Tuna
 - Bread, Bagels, Tortillas
 - Yogurt, Greek Yogurt
 - Apples, Oranges, Bananas, Peach Cups
 - Nature Valley Granola Bars, Clif Bars, Power Bars, Bonk Breaker Bars
 - Pb & J Sandwiches, Turkey Sandwiches, Ham Sandwiches
 - Trail Mix, Peanuts, Sunflower Seeds
- *spoons, knives, forks, Insulated bags

POWER OATMEAL RECIPE

Oatmeal (1-1/2 cups cooked)

Add:

Whey Protein Powder (1 scoop)

Raisins (2 tablespoons)

Walnuts (1 tablespoon)

Peanut Butter (1 tablespoon)

(~715 Calories)

STRENGTH GAIN CHALLENGES

- Schedules and over scheduled young athletes
- No Time to Eat
- “Forget”
- Poor planning – meals/snacks not purchased
- Financial/budget constraints



SPORTS NUTRITION GAME PLAN

- Plan meals and snacks.
- Start games and practices fully hydrated and fueled.
- Refuel during exercise/games as necessary.
- Do not miss or skip meals or snacks.
- Weigh weekly to monitor weight changes.





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!

