



# GVXC Nutrition Notes

## Nutrition notes: snacks that sustain!

February, 2018

It's late February and the indoor track and field season is in full swing. Adrenalin surely plays a factor during these first competitions, but ultimately, good food will sustain throwers, jumpers and runners best. A body that is under-fueled is at a higher risk for illness and injury. We all want our athletes to reap the rewards of their training efforts. This newsletter focuses on smart choices for snacks.

According to the NCAA there are several things you can do before, during and after practice (and those long meets) to make sure you are adequately fueled.



Before afternoon practice/meet:

- Eat a bigger breakfast that contains **whole grains** like oatmeal, wheat toast
- 2-4 hours before practice, eat foods **low** in fat, **moderate** in fiber and protein
- Bring snacks, like pretzels, trail mix with dried fruit, granola bars or low-fat yogurt. Avoid high fat foods like nuts just before a run
- Within 1 hour of practice fuel with 30-60 grams of **low fat, low fiber** carbs, like a banana, two handfuls of raisins, three fig bars or 1 energy bar



# Recipes for success

## Superhero Muffins

*These nutritious muffins are great for a grab-and-go breakfast or a delicious snack. Try one before Saturday morning Captain's Practice for slow, sustained energy! Trish Kredell*

- 1 cup old-fashioned rolled oats
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup chopped walnuts (optional, or substitute almonds, pecans, etc.)
- ½ cup raisins or chocolate chips
- 3 eggs, beaten
- 1 cup grated zucchini (about 1 zucchini)
- 1 cup grated carrot (about 2 carrots)
- 6 T unsalted butter, melted
- ½ cup maple syrup (preferably dark amber)
- 1 teaspoon vanilla extract

Preheat the oven to 350 degrees F. Line a 12-cup standard muffin tin with paper muffin cups.

In a large bowl, combine the almond meal, oats, cinnamon, nutmeg, baking soda, salt, and walnuts and raisins (or chocolate chips, if using). *I use a whisk to combine these ingredients.*

In a separate mixing bowl, mix together the eggs, zucchini, carrots, melted butter, maple syrup and vanilla (*again, I use a whisk*). Add to the dry ingredients, mixing/stirring with a rubber spatula until just combined. The batter will be thick.

Spoon the batter into the muffin cups, filling each to the brim. Bake on the center rack until muffins are nicely browned on top, and a toothpick inserted in the center of the muffin comes out clean, 25-35 minutes.

From: *Run Fast, Eat Slow* by Shalene Flannigan Elyse Kopecky

### Where we shopped:

Meijer for oats, butter, non-dairy yogurt  
Trader Joes for nuts, eggs, frozen fruit



## Mixed Berry Smoothie

*Dairy doesn't go over well in our house, so we have been experimenting with vegan recipes. This smoothie can be easily adapted to your dietary preferences. Rita Grendze*

- 2 cups frozen berries
- 1 cup unsweetened plain yogurt of your choice
- 1 cup water
- 1 ripe banana, peeled and halved lengthwise
- 2 tablespoons maple syrup
- 2 tablespoons hemp seed hearts, chia seeds or flax seeds
- 1/8 teaspoon salt

Combine all ingredients in a blender. Process on low speed until mixture is combined, but still coarse in texture, about 10 seconds. Increase speed to high and puree until completely smooth, about 1 minute.

From: *Vegan for Everybody* by the Editors at America's Test Kitchen

### Resources: NCAA

<http://www.ncaa.org/sites/default/files/Fueling%20During%20Exercise%20Fact%20Sheet.pdf>

Have something to add? E-mail Rita Grendze (Valdis Slokenbergs's mom) to contribute to a future nutrition note: [grendze@hotmail.com](mailto:grendze@hotmail.com)