



GVXC

# Nutrition Notes

## Nutrition notes: Eating on the Road!

Late April, 2018

The weather is finally cooperating for our outdoor track and field season. Everyone has worked hard in anticipation of adding a few feet to a long jump, finally getting a good throw on the books, or just knocking a little time off of a race for a new personal record. Excitement is high and the stakes are pretty high, too. As you head into these thrilling final weeks, it is important to be consistent with your good nutrition. This newsletter will offer a few tips on how to stay energized while on the road, even if it the road takes you no further than our next meet in Batavia.



**BE CONSISTENT.** Now is not the time to change up your eating routine. If you have eaten a vegan salad with edamame and rice for lunch before every meet and had good stamina, stick with it! If you always have oatmeal on race-day morning, don't switch to eggs now. By this time in the season you should be aware of which foods work for you, which are problematic and leave the untested for the post-season.

**EAT REAL FOOD.** While lots of bars and snacks pack in some good supplemental carbs and protein, be sure to include real, nutritious food in your diet when on the road. Whole wheat pastas and breads are pretty readily available, even at fast food restaurants. Stick to grilled or roasted (not fried) meats, and choose fresh fruit or cut up raw veggies instead of greasy fries or chips.

**PACK YOUR OWN.** If you have dietary concerns (gluten-free, lactose intolerant), or simply prefer home-made foods, pack your own food from home. Be sure to include favorites, like peanut butter, bagels and fruit. Consider taking an insulated lunch box, so you can keep some water and electrolyte drinks cool as the temperatures are rising.

**Resources:**

<http://www.ncaa.org/sites/default/files/Eating>

<http://www.stack.com/a/the-4-most-important-sports-nutrition-rules-for-athletes>

<https://blog.strava.com/10-healthy-food-hacks-for-traveling-athletes-11241/>

<https://www.outsideonline.com/2235391/how-8-outdoor-athletes-eat-healthily-road>



Photo and baking by Gry Larsen

**RECIPE OF THE MONTH.** This team favorite was submitted by Vivian, Calusinski

**No Bake Fruit + Nut Granola Bars**

*Based on a recipe from the blog Clean Food Crush:  
<https://cleanfoodcrush.com/>*

**Ingredients**

- 1 cup packed Medjool dates, pitted
- ¼ cup honey
- 1 ½ cups rolled oats
- ½ cup chopped almonds
- ½ cup pumpkin or sunflower seeds
- ¼ cup dried berries (cherries or blueberries)
- ¼ cup dried mango, chopped

**Instructions**

1. Line an 8x8-inch baking pan with parchment paper, leaving some overhang on the sides for easy removal.
2. In the bowl of a food processor, process dates and honey until they form a paste.
3. In a large mixing bowl, combine oats, almonds, pumpkin seeds and dried fruits.
4. Add date mixture to oat mixture and mix, using your hands or a spoon, until well combined. Scoop mixture into the prepared pan and firmly press into an even layer.
5. Chill in the freezer for about 20 minutes until firm. Remove from freezer and lift granola mixture out of pan using the overhang paper on the sides.
6. Cut into bars and serve, or store in an airtight container refrigerated, or frozen (freezer is my preference)