

TIPS TO TAKE WITH YOU

1. Start with a full tank. Begin exercise well hydrated and with adequate muscle fuel (carbohydrate).
2. Try new products and foods during training sessions to determine the type, amount, and timing of foods and fluids that work best for you.
3. If you do not have an appetite following a training session, choose liquid foods that meet your recovery goals.
4. Along with carbohydrate, fluid, and electrolytes, protein is an important part of recovery, particularly if you participate in high intensity training sessions that damage muscle tissue (resistance training, interval sessions, etc.)

(Adapted from the Academy of Nutrition and Dietetics)

WHY ARE CARBOHYDRATES SO IMPORTANT?

This nutrient digests the easiest and fastest, so it is the best fuel for working muscles. Include it at EVERY MEAL AND SNACK. If you don't get enough, your body will tell you by decreasing your energy, endurance, muscle strength and speed.

BEST CARBOHYDRATES:

Four food groups are excellent sources of this precious fuel: grains (bread, rice, cereal, pasta); fruit/100% fruit juice; dairy (milk and yogurt); and starchy veggies (peas, corn, potatoes).

FLUID FUNDAMENTALS

Just a 1% decrease in adequate hydration can affect your performance. Don't rely on your sense of thirst to tell you to drink more fluid. Drink fluids ALL DAY LONG! Consume fluids with carbohydrate gels or carbohydrate-rich foods to speed fuel transport to muscles.

STRAWBERRY-BANANA SMOOTHIE

Serves: 4 (1 cup each) **Prep time:** 8 minutes

All you need:

- 2 small bananas
- 1 ½ cups Hy-Vee skim milk
- 1 cup sliced, fresh or frozen, strawberries
- 1 (6 oz) container Hy-Vee low-fat strawberry yogurt
- Ice cubes, optional

All you do:

Break bananas into chunks and place in blender. Add milk, strawberries and yogurt. Cover and blend until smooth. If desired, add ice cubes for a frostier smoothie. Serve immediately.

Nutrition facts per serving: 140 calories, 0.5g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 70mg sodium, 29g carbohydrates, 2g fiber, 19g sugar, 6g protein.

Daily Values: 4% vitamin A, 35% vitamin C, 20% calcium, 2% iron.

Source: Hy-Vee dietitians



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PRE-COMPETITION PLANNING

Timing for pre-game meals and snacks is critical. Plan the type and amount of food and fluids you take in, based on the amount of time you have before you compete.

- **½ - 1 hour before - Liquids**
Sports drink, chocolate milk or water
- **1-2 hours before - Small snack and liquids**
Cereal bar, grapes, apple juice and water
- **2-3 hours before - Small meal and liquids**
½ turkey sandwich, banana, sports drink and water
- **3-4 hours before - Regular-sized meal and liquids**
Pasta with meat sauce, salad with low-fat dressing, bread, orange juice and water

Stay energized and hydrated during competition. Drink four to six ounces of water every 15 to 20 minutes of exercise. For every swallow you take, estimate you've consumed one ounce. For activity longer than one hour, also consume carbohydrate during the event. You can maintain your energy levels by drinking five to ten ounces of a sports drink every 15 minutes. The majority of "energy" drinks are not appropriate for fueling physical activity.



POST-COMPETITION RECOVERY

Your body's muscles are like a sponge. After you've exhausted their fuel supplies during competition, provide them with carbohydrate and water to soak up, and be ready for whatever exercise challenge is next.

Rehydrate following exercise by drinking enough fluid (water or sports drinks) to replace fluid lost during exercise. For short duration (less than 60 minutes), low- to moderate-intensity activity, water is a good choice to drink before, during and after exercise. Sport drinks are good options for moderate- to high-intensity activity lasting longer than 60 minutes.

Get the most energy back into your muscles by refueling 15 to 30 minutes after your workout and then again in two hours. Focus on carbohydrate and water, but adding protein will help increase the amount of carbohydrate stored in muscles. Try to consume foods that have a 4:1 ratio of carbohydrate-to-protein in order to adequately refuel and replenish your muscles.

RECOVERY SNACK IDEAS

- Low-fat chocolate milk
- ¼ cup cottage cheese with 1 cup of pineapple chunks
- Dream-suckle shake (12 fluid ounces orange juice with ½ ounce vanilla protein powder)
- Banana with peanut butter
- Smoothie with yogurt and frozen berries
- Energy bars

RECOVERY MEAL IDEAS

- Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk
- Rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla
- Stir fry with lean steak, broccoli, bell peppers, carrots and brown rice

Source: Academy of Nutrition and Dietetics

CHEWY ALMOND ENERGY BARS

Serves: 8 **Prep time:** 20 minutes

All you need:

- ½ cup Hy-Vee dried apricots
- 1/3 cup Hy-Vee dried cherries
- ¼ cup Hy-Vee raisins
- ¼ cup agave nectar
- ¼ cup Hy-Vee vanilla whey protein powder
- 2 tbsp creamy almond butter
- ¾ cup Hy-Vee old-fashioned rolled oats
- ¾ cup Hy-Vee sliced almonds

All you do:

1. Combine apricots, cherries, raisins, agave nectar, whey protein powder and almond butter in a food processor fitted with metal blade. Cover and pulse until fruit is finely chopped.
2. Add oats and almonds. Cover and pulse until well blended and mixture sticks together. Spray an 8-by-8-inch pan with nonstick cooking spray. Press mixture firmly and evenly into pan.
3. Cut into 8 bars. For convenience and portability, wrap bars individually with plastic wrap. Store in refrigerator for up to 1 week.

Tip: For an additional nutty flavor, toast almonds and oats in a 350-degree oven for 8 to 10 minutes or until almonds are light brown, stirring once.

Nutrition facts per serving: 220 calories, 8g fat, 0.5g saturated fat, 0g trans fat, 5mg cholesterol, 15mg sodium, 31g carbohydrates, 4g fiber, 20g sugar, 7g protein.

Source: Seasons – January 2012 edition

DID YOU KNOW?

Eating a small amount of tart cherries helps improve muscle recovery in athletes after an intense workout.

Source: College of Sports Medicine journal *Medicine & Science in Sports & Exercise*

BREAKFAST RECIPES

PEANUT BUTTER-AND-APPLES QUESADILLA

Serves: 4 **Prep Time:** 7 minutes **Cook Time:** 6 minutes

All you need:

2 Hy-Vee whole wheat tortillas
2 tbsp Hy-Vee creamy peanut butter, divided
½ apple, cored and sliced into ¼-inch-thick slices

All you do:

1. Lay out tortillas on workspace and spread 1 tbsp peanut butter over each tortilla.
2. Top 1 tortilla with apple slices and then remaining tortilla, peanut butter-side down.
3. Heat a medium skillet over medium heat and spray with nonstick cooking spray.
4. Place quesadilla in skillet and brown each side for 2-3 minutes. Adjust heat as necessary to prevent overbrowning.
5. Remove and cut into wedges using a pizza cutter. Serve immediately.

Nutrition facts per serving: 140 calories, 6g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 270mg sodium, 18g carbohydrate, 2g fiber, 3g sugars, 4g protein.

STRAWBERRY-PEACH SMOOTHIE

Serves: 2 (1 cup each) **Prep Time:** 15 minutes

All you need:

2 (6 oz each) containers Hy-Vee Lite strawberry yogurt
½ cup Hy-Vee unsweetened vanilla almond milk
1 cup frozen sliced peaches
1 scoop strawberry-flavored 100% whey protein powder

All you do:

Combine all ingredients into a blender. Blend until smooth.

Nutrition facts per serving: 170 calories, 2g fat, 0g saturated fat, 0g trans fat, 5g cholesterol, 190mg sodium, 23g carbohydrate, 3g fiber, 14g sugars, 19g protein.
Daily Values: 6% vitamin A, 80% vitamin C, 35% calcium, 2% iron.

Source: Hy-Vee dietitians

BREAKFAST RECIPES

EGG-ME-ON SUNRISE SANDWICH

Serves: 4 (1 muffin half each) **Prep Time:** 8 minutes

Cook Time: 10 minutes

All you need:

2 Hy-Vee whole wheat English muffins
2 large eggs
Hy-Vee black pepper, to taste
4 tablespoons Hy-Vee shredded cheddar cheese

All you do:

1. Preheat oven to 450 degrees. Line a baking sheet with foil and lightly coat with cooking spray. Open English muffins and place "inside-up" on baking sheet.
2. In a glass measuring cup, beat eggs and pepper with a fork until well blended. Slowly pour egg mixture onto each muffin half, keeping as much as possible on the muffins. Top with cheese.
3. Bake 10-12 minutes or until egg mixture is no longer runny and the cheese is melted.

Helpful Hints: Individualize these to fit your family! Add thyme, dill, cumin, diced onion or green pepper to the egg mixture or cooked sausage, ham or bacon to the sandwich.

Nutrition facts per serving: 130 calories, 5g fat, 2g saturated fat, 0g trans fat, 100mg cholesterol, 260mg sodium, 15g carbohydrate, 2g fiber, 2g sugar, 8g protein.

Source: Hy-Vee dietitians

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**My
Back-To-School
Breakfast**



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THE RIGHT START

Get the school year off to a great start by making a good breakfast a part of it. Breakfast is truly the most important meal to eat.

Studies show kids who eat breakfast are more likely to:

- Have higher test scores in school
- Concentrate better with problem-solving skills used in reading, writing and math
- Have healthier body weights
- Have lower blood cholesterol levels

REV UP METABOLISM

Breakfast simply means to “break-the-fast.” Your body tends to burn fewer calories as you sleep. Burn more calories and jumpstart your metabolism by eating breakfast.

REACH FOR PROTEIN AND FIBER

Smart breakfast choices should include two or three foods groups. Include protein and fiber in your breakfast to keep you feeling full longer. Our bodies love carbohydrates. They are easy to digest and give quick energy. Proteins take a little longer to digest, therefore providing energy when the carbohydrates are gone.

GOOD PROTEIN BREAKFAST CHOICES:

- Egg
- Lean deli meat
- Low-fat milk (including chocolate or strawberry)
- Low-fat yogurt
- Peanut butter or almond butter
- String cheese
- Walnuts or almonds

GOOD FIBER BREAKFAST CHOICES:

- Bear Naked™ or Clif® bars
- Fresh fruit with skin of your choice
- Kashi® bars
- Muffins or Sandwich Thins™
- South Beach™ granola bar
- Western bagel (HealthMarket™ frozen section)
- Whole grain bread or English Muffin
- Whole grain cereal (at least 4-5 g of fiber/serving)

ONE MINUTE BREAKFAST IDEAS

1. BREAKFAST-IN-A-BAG: whole almonds, dried cherries or cranberries, Kashi Heart to Heart cereal, and chocolate Chex. Mix and pre-portion ahead of time in snack-size bags. Make your own version with your favorite nuts, dried fruits and cereal (look for cereal with a NuVal score of 25 or higher).

2. BREAKFAST PARFAIT: layer low-fat strawberry yogurt, low-fat granola and sliced banana, or stir 2 tablespoons powdered peanut butter into vanilla yogurt, top with crushed graham crackers.

3. BREAKFAST TACO: ¼ cup 2% shredded cheddar cheese on a Hy-Vee flour tortilla. Microwave 30 seconds; roll while warm. Add salsa, if desired. Serve with ½ cup 100% juice.

4. BREAKFAST SANDWICH: 1 egg, 1 slice 2% cheddar cheese, 1 English muffin, Sandwich Thin™ or Bagel Thin™ and 2 tsp margarine.

5. BANANA DOG: Spread peanut butter on a tortilla shell, place banana in the middle and fold.

6. STRAWBERRY-PEACH SMOOTHIE: (recipe on this handout) Substitute different yogurt and fruit for more variety.

7. HAM & CHEESE WRAP UP: wrap string cheese with slice of Di Lusso deli ham; wrap whole grain bread around meat and cheese. Serve with ½ cup 100% grape juice.

8. GRAB & GO: 1 banana (or apple), 1 string cheese, 1 granola bar or Fiber One Crackers.

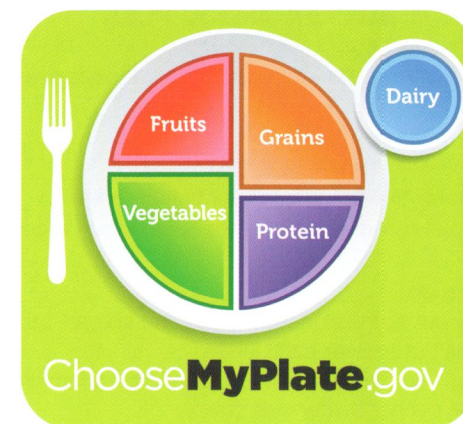
9. TRADITIONAL-ON-THE-GO: put cereal in a bag, carton of low-fat milk and orange slices.

10. PB&J: peanut butter on whole-wheat toast. Serve with ½ cup 100% juice.

11. SWEET BANANA-ALMOND BREAKFAST: spread almond butter over each half of toasted Sandwich Thin™ or English muffin. Top with sliced banana and drizzle with agave nectar (located in HealthMarket™).

12. STRAWBERRIES AND CREAM BREAKFAST: spread cream cheese evenly over each half of toasted Sandwich Thin™ or English muffin. Spread strawberry preserves and sliced fresh strawberries over cream cheese layer.

WHAT IS MyPlate™?



MyPlate™ divides a dinner plate into four sections for vegetables, fruits, grains and proteins with a fifth smaller plate to one side for dairy. Here are some key suggestions that go along with the MyPlate guide:

- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat milk
- Make at least half your grains whole
- Go lean with protein
- Enjoy your food, but eat less
- Avoid oversized portions

½ berries (fruit)

¼ cereal (grains)

¼ milk (dairy)



NUTRITION-PACKED SNACKS

- 1. ANTS ON A LOG:** Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins or dried cranberries.
- 2. PB G&F SANDWICH:** Top a Flatout flatbread with peanut butter, granola and your favorite fruit.
- 3. BANANA SPLIT:** Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal or granola.
- 4. SNACK KABOBS:** Put cubes of low-fat cheese and grapes on pretzel sticks.
- 5. MINI PIZZA:** Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- 6. INSIDE-OUT SANDWICH:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- 7. ROCKY ROAD:** Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
- 8. PEANUT BUTTER CEREAL BALLS:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
- 9. FRUIT 'N YOGURT CONE:** Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- 10. EASY FRUIT PIZZA:** Spread vanilla Greek yogurt over graham cracker. Top with cut fruit and eat.
- 11. CRITTER CRUNCH:** In a bowl combine All-Bran wheat crackers, Cheerios, animal crackers, honey bear-shaped crackers, shredded wheat cereal, raisins and M&Ms.

(Adapted from the Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics)

BIRTHDAY BARS

Serves: 12 Total Time: 20 minutes

All you need:

- 2 ½ cups Kashi Go Lean cereal
- 1 cup Hy-Vee quick oats
- 1/3 cup Hy-Vee slivered almonds
- 1/3 cup Hy-Vee brown sugar
- 1/4 cup agave nectar
- ¼ cup creamy almond butter, well mixed
- ½ tsp almond extract
- 1 tbsp sprinkles

All you do:

1. Grease an 8-by-8 pan and set aside.
2. In a large mixing bowl, combine cereal, oats and almonds.
3. Bring brown sugar and agave nectar to a boil in a small saucepan over medium heat. Promptly remove from heat and stir in almond butter and almond extract. Add to dry mixture and stir well.
4. Press mixture firmly into greased pan and top with sprinkles. Let cool before cutting.

Nutrition facts per serving: 150 calories, 5g fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 30mg sodium, 24g carbohydrate, 3g fiber, 13g sugar, 5g protein.

Source: Hy-Vee dietitians

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My After-School Snack



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