

# Energy Packed Pick Me Ups!

Why are snacks important for an athlete? Your caloric requirements increase significantly with “in-season” training. It is difficult to provide these calories in only 3 meals and the sustenance is better-utilized spread throughout the day. What potentially happens if you are not meeting your calorie needs?

## Goals of the Class:

1. Understand the functional use of a nutrient dense snack
2. Calculate your caloric requirements during “in-season” training and determine an appropriate calorie level for a snack
3. Explain what nutrient dense means

## Nutrition Spotlight: Nutrient-dense Foods

Nutrient-dense foods and beverages provide vitamins, minerals, and other substances (i.e. antioxidants) that may have positive health effects vs non-nutritive: empty calories, low vitamins, minerals and other substances. Why prepare from scratch instead of buying processed products (i.e. granola bars)? Often the product is higher in simple sugars and additives which allow for a longer shelf life. Are these products ok in moderation? Absolutely, convenience is a big part of a college athlete’s schedule. However, when able, try your culinary talents and make something fresh!

## Ingredient Spotlight: Quinoa

Quinoa is an ancient grain that was a staple in the Incan diet and to this day, most quinoa is grown in the Andes Mountains. It is technically a seed, not a grain. Quinoa is an excellent source of protein, in fact it has all of the essential amino acids so is considered a complete protein. Pound for pound, quinoa has more protein than a sirloin steak!

- When making quinoa from scratch, be sure to rinse it before cooking to remove the bitter, natural coating.
- To add more flavor add a sprig of rosemary or smashed garlic clove to the water while boiling.
- Use a 2 to 1 ratio: liquid to quinoa for cooking. 1 cup dry quinoa will yield 3 cups cooked.
- Prepare as a breakfast cereal by cooking the quinoa in milk or water. Stir in diced fresh fruit, cinnamon, and a tablespoon of nuts.
- Substitute quinoa in place of rice in stir-fries and sushi.
- Add a half to one cup of cooked quinoa to salads or soups for more heartiness.
- Replace pasta with quinoa in pasta salad recipes.

## What are we making?

- Protein Burst Smoothie with Peanut Butter, Banana and Soy
- Energy Bites
- Quinoa and Chickpea Salad

# Energy Packed Pick Me Ups!

## Calorie Calculation Sheet:

**One method of estimating caloric needs:**

Formula: 23 calories / lb /day

*For example: 140 pound athlete x 23 calories/pound = 3220 calories/day*

- $3220 / 4 = 805$  calories (per meal)
- $805 \text{ calories} / 3 \text{ snacks} = \mathbf{268 \text{ calories/snack}}$

Calorie Per Snack Calculator	Your Numbers
1. Weight in pounds	
2. Multiply by 23	
3. Total Calories/day	
4. Divide Total Calories/4	
5. Divide one meal worth of calories by 3 snacks	
6. Calorie per snack=	

# HEALTHY SNACKING

**A**cademics and athletics keep me busy. I eat breakfast, lunch and dinner, but I'm starving by the end of the day. I've also noticed that my body is often fatigued and my muscles remain sore longer than normal.

What can I do to increase my energy and improve my performance?

Healthy snacking is an important part of an athlete's diet. Snacking ensures adequate fuel for sport, improves muscle recovery, helps manage weight and boosts mental performance. Athletes should consume three meals and two to four snacks per day. The number and type of snacks are dictated by hunger in addition to academic, athletic and sleep schedules.

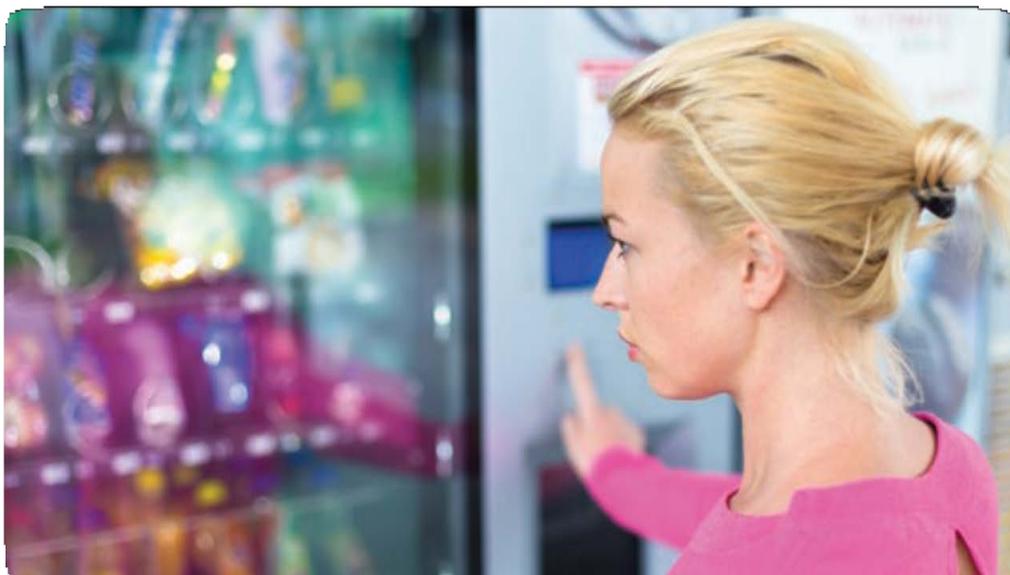
## SIGNS OF HUNGER

An athlete's ability to recognize hunger signals is important. Most athletes identify hunger by stomach pangs, but once hunger pangs are felt, too many hours have passed without fuel. Common signs of hunger include fatigue, irritability, shakiness, headaches, poor concentration and sleep disturbances. Being able to determine your body's hunger cues is necessary to maximize your energy and ensure peak performance.

*(To plan how to snack smart, turn the page.)*

Information presented by





## HEALTHY SNACKS VERSUS TREATS

It's important to distinguish a healthy snack from a treat. Healthy snacks are nutrient-rich and provide whole grains, fiber, lean proteins and/or healthy fats. Treats such as sweets, fried foods and chips lack nutrients and provide "empty" calories. Treats usually satisfy a craving, but they rarely satisfy hunger. Choosing treats instead of healthy snacks can slow fueling and muscle recovery. Remember: You are what you eat. Eating healthy, high-quality snacks is a key component to achieving your athletic potential.

## SNACK SELECTION

Before selecting a snack, there are several factors to consider, including hunger level, time of day, pre- or post-workout, and weight goals. These factors dictate whether you choose a light, moderate or heavy snack (heavy snacks are also considered mini-meals).

**Light snacks:** Fresh fruit, raisins, dried fruit, frozen fruit, veggies, graham

crackers, dry cereal, pretzels, low-fat Greek yogurt, granola bar, dried edamame, low-fat pudding

**Moderate snacks:** Fruit with peanut butter, graham crackers with peanut butter, trail mix, sunflower seeds, oatmeal, cereal and milk, popcorn, low-fat string cheese, jerky, Greek yogurt parfait, fig/fruit bars, granola bars, veggies or pretzels and hummus, soup, yogurt smoothies, low-fat milk, low-fat chocolate milk

**Heavy snacks:** Sandwich/panini/wrap/bagel (with peanut butter and jelly, lean deli meat, grilled chicken or tuna), cheese and crackers, waffles, omelet

## HEALTHY SNACKING HELPS ACHIEVE WEIGHT GOALS

Many athletes falsely believe snacking is bad. On the contrary, healthy snacking is vital to keep energy and metabolism steady throughout the day. Whether you are trying to maintain weight, lose weight or gain weight, having two to four healthy snacks per day is essential.

## SMART SNACKING TIPS

- **Plan ahead.** Spend five minutes before bedtime preparing/packing snacks for the next day.
- **Establish a snack routine.** Consuming a meal or snack every two to three hours will help prevent feeling overhungry, achieve weight goals and ensure you have enough fuel for practice and recovery.
- **Distinguish snacks versus treats.** Healthy snacks are nutritious and satisfy hunger.
- **Keep snacks easily accessible.** Place portable, nonperishable snacks in your school bag, gym bag and/or locker for quick access to fuel when you need it.
- **Stick to your schedule.** There is always time for healthy snacks. In less than five minutes, you can eat a banana or drink a glass of low-fat chocolate milk.
- **Be money-wise.** Most healthy snacks are inexpensive. For example, bananas, raisins, granola bars and jerky all cost much less than energy bars.

## PLANNING YOUR FOOD: A SAMPLE DAY

<p><b>5:30 a.m.</b> <b>Pre-morning practice snack:</b> fruit and/or granola bar</p>	<p><b>7:30 a.m.</b> <b>Breakfast:</b> omelet, toast, Greek yogurt and fruit</p>	<p><b>10 a.m.</b> <b>Midmorning snack:</b> low-fat string cheese and/or jerky</p>	<p><b>12:30 p.m.</b> <b>Lunch:</b> turkey wrap, vegetables and hummus, baked chips and low-fat milk</p>	<p><b>3:30 p.m.</b> <b>Midafternoon/pre-practice snack:</b> fig bar and/or fruit</p>	<p><b>6:30 p.m.</b> <b>Dinner:</b> grilled chicken, rice, green beans, salad, dinner roll and low-fat milk</p>	<p><b>9 p.m.</b> <b>Evening snack:</b> peanut butter, banana and honey sandwich on wheat bread and low-fat chocolate milk</p>
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# RECIPE

## Protein Burst Smoothie

with Peanut Butter, Banana and Soy

4 servings, portion size 1 ½ cup

### Ingredients

4 Tbsp	Peanut Butter, creamy
1 lb	Bananas, fresh, sliced
12 oz	Ice, cubes
2 cups	Soy Milk, vanilla

### Directions

Preparation time = 10 minutes

1. Place all ingredients into a blender and puree until smooth. Serve immediately.

For Single Portion:

- 1 Tbsp. peanut butter, creamy
- 3/4 cup, bananas, sliced
- 1/2 cup, ice cubes
- 1/2 cup, soy milk, vanilla

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
260	10.6g	2g	39g	7.7g	4.2g	140mg

## Peanut Butter Energy Bites

4 servings, portion size 2 bites

### Ingredients

1/3 cup	Dry oatmeal
2 1/8 tsp	Chia seeds
1 3/8 oz	Bittersweet chocolate chopped
2 1/8 tsp	100% Pure maple syrup
1/2 tsp	Pure vanilla extract
2 3/4 Tbsp	Unsweetened shredded coconut
1/4 cup	Creamy peanut butter

### Directions

Preparation time = 10 minutes

1. Rough chop the chocolate and combine all of the ingredients in a mixing bowl. Mix well with a spoon.
2. Portion into 3/4 ounce pieces and roll into a ball. Repeat until all are formed. Place on a plate and refrigerate for at least 30 minutes. Can also eat as they are, they will just firm up a bit.
3. Serve - 2 each per snack

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
260	10.6g	2g	39g	7.7g	4.2g	140mg

# RECIPE

## Quinoa and Chickpea Salad

4 servings, 1 cup portion size

### Ingredients

4 3/4 oz	Quinoa
1/2 cup	Green pepper, 1/2 inch diced
1 cup	Water
2 2/3 Tbsp	Red onion, 1/4 inch diced
1 cup	Cherry tomatoes, halved
2 Tbsp	Italian parsley, chopped
1 1/2 oz	Radicchio, individual leaf, sliced
1 Tbsp	Lemon zest
1/2 cup	Cucumber, peeled, 1/3 inch diced
1 1/2 Tbsp	Fresh lemon juice
1/2 cup	Butter beans, drained and rinsed
1 1/2 tsp	Oregano, fresh chopped
1/2 cup	Garbanzo beans, drained and rinsed
1 1/2 tsp	Chives, fresh chopped
2 oz	Greek Feta salad dressing

### Directions

**Preparation time = 10 minutes**

**Cook time = 15 minutes**

1. Cook quinoa: Rinse the quinoa in a fine-mesh strainer. Rinse thoroughly with cool water for about 2 minutes. Drain. Add water to a small covered saucepot and bring to a boil, add quinoa and bring to a rolling boil. Turn heat down to the lowest setting. Cover and cook for 15 minutes. Let stand, covered, for 5 minutes: Remove the pot from heat and let stand for 5 more minutes, covered. Fluff with a fork, cool and reserve.
2. Cut up all of the vegetables as noted and place in a mixing bowl. Zest and juice the lemon in the bowl. Add the beans, fresh herbs and dressing. Mix well and taste.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
224	5g	0.7g	37g	9g	6.5g	308mg