



IGHSAU FALL NUTRITION NEWSLETTER

BENEFITS OF BREAKFAST

GABBY MORAN

HEALTHY MUFFINS

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Gabby Moran is a Junior at Dubuque Wahlert High School. She participates in soccer and cross country and has hopes to play soccer at a collegiate level.

HOW DO YOU FUEL YOUR BODY?

I make sure that I eat meals with multiple food groups and healthy snacks that will get me through tough practices and competitions. My favorite thing to eat before a game, meet or practice is a Nature Valley granola bar. I feel like it gives me the energy to get through the tough days. I also try to bring at least two fruits or a fruit and a vegetable for lunch everyday. Whether this be grapes, pineapple, carrots, oranges, etc. I find things that taste good and also help me perform well.



HOW DOES NUTRITION AFFECT YOUR PERFORMANCE?

Nutrition can make or break how I perform. If I have a meal that is heavy in fat and is greasy right before I play, of course it's going to hinder my performance. It's important to eat things that you know your stomach can handle before you play. It should be something that is easily digestible as well as something that provides immediate energy, such as carbs. Food can either fuel your body or it can cause you to feel sluggish and sick throughout your entire game/meet.

DO YOU HAVE ANY TIPS FOR HEALTHY EATING?

My tips for healthy eating are to begin by first setting small goals for yourself and then eventually setting bigger goals. An example of this in my life is pop. I first started by only drinking it on the weekends and as time has gone on I have been working on completely taking it out of my diet. It is important to set goals and be disciplined. Also, try new things! I am someone that is constantly eating, but I would say that I am fairly healthy because I try to eat healthy and in appropriate portions, so it will add up to be about the size of a normal meal. Basically it all comes down to how much you really want to be healthy.



BENEFITS OF BREAKFAST

- A nutritious breakfast provides energy and nutrients throughout the whole day.
- In the morning, breakfast will help wake up the brain and the body, which results in less fatigue later on.
- Breakfast boosts concentration levels and helps with memory.
- Eating breakfast can positively affect mood.
- Breakfast builds strong and healthy bones.
- A nutritious breakfast will help with growth and development, restoration and energization of muscles.
- Breakfast helps maintain a healthy body weight.
- Eating breakfast will regulate hunger, meaning it minimizes the urge to snack during the day.

Tip: When eating breakfast, look for a variety of whole unprocessed foods.

HEALTHY BANANA CHOCOLATE CHIP MUFFINS



INGREDIENTS

DRY INGREDIENTS:

1 $\frac{3}{4}$ cups white whole wheat flour
 $\frac{1}{2}$ cup coconut sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
 $\frac{1}{2}$ cup dark chocolate chips + more for topping

WET INGREDIENTS:

1 cup mashed banana (2 large bananas)
2 large eggs
 $\frac{3}{4}$ cups almond milk, unsweetened
2 teaspoon vanilla extract
2 tablespoons coconut oil, melted

Prep Time: 5 minutes
Cook Time: 20 minutes
Total Time: 25 minutes
Yield: 14-16 muffins

1. Preheat oven to 350°F
2. Line a muffin tin with cupcake liners or spray with coconut oil cooking spray.
3. Place dry ingredients into a large bowl and whisk.
4. Mash 2 large bananas in a medium-size bowl until there are a few lumps.
5. Then, crack in 2 eggs and whisk.
6. Add almond milk and vanilla and whisk again.
7. Combine dry ingredients with wet ingredients until smooth.
8. Then, add in melted coconut oil and mix again.
9. Fill muffin tins and add a few more chocolate chips to the top.
10. Bake at 350°F for 20-23 minutes or until you do the toothpick test and it comes out clean.



CREDITS

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