

**IOWA GIRLS  
HIGH SCHOOL  
ATHLETIC UNION**

**SPRING  
NUTRITION  
NEWSLETTER**





# LIZA VAN ZYL



Liza Van Zyl is a senior goal keeper and basketball player for Fort Dodge. She has committed to Drake University to continue her soccer career.

## **How has your nutritional choices benefited you as an athlete?**

As an athlete, I think that nutrition is a part of your game that can make such a large impact on your performance, but is often overlooked. Fueling your body with what it needs and making choices that benefit your nutrition can affect aspects of your game that aren't always obvious before you just do it and commit to eating clean. Personally, changing the way I eat has affected how I feel at practices and in games and in my overall performance. Eating clean makes you sharper physically and mentally, so I can definitely feel how what I eat changes when my mind feels sharp and my body feels fresh in training and in games.

## **What are some healthy habits you have developed as an athlete?**

Over the past few years, nutrition has become more important to me because I have been able to see how it directly affects the way I train and play. Personally, I try to stick to eating paleo, which is eating lean meats, fruits and vegetables, nuts and healthy fats while staying away from dairy, grains and processed food and sugar.

## **What is your favorite pre-game meal?**

My favorite pre-game meal is definitely chicken breast and sweet potatoes. Protein from the chicken and the carbs from the sweet potatoes help give me the energy that I need for games.



# PROFESSIONAL ATHLETES' FUELING PLAN

## Breakfast

## Pre-workout

## Post-workout

Alex Morgan



Yogurt and granola with honey and fruit  
Stays away from carbs (pasta & bread)  
Two eggs with a piece of toast

33 hours before a game Alex will eat banana pancakes which help her last six to seven hours.

Alex will drink a protein shake right away. If running she will eat a salad with granola fruit and chicken.

Allyson Felix



1 cup oatmeal  
1 Whole wheat bagel  
2 links of chicken sausage

15 minutes before competition Allyson will eat G series prime energy chews.

Allyson drinks a protein based recovery drink.

Serena Williams



Serena has a cup of oats with strawberries tangerines, and almond butter toppings.

If Serena eats before, she will combine protein with carbs.

Serena's afternoon snack typically includes grilled chicken with a fat burning drink like lemon juice.



# TIM O'NEIL COACHES' CORNER



Tim has spent the last 16 years as a strength and conditioning professional. He owns CEA, an athletic training business that helps athletes from all levels achieve their goals. Tim is also entering his 18th year as the head track and field coach at Assumption high school, where he has sent many of his athletes to the next level

## **What recommendations do you give your athletes on nutrition during the season?**

We always tried to educate our kids on the importance of nutrition. We have used programs like Fueling Tactics up until this year. I had 2 former captains that are professional now.

## **How big of a factor does nutrition play in track and field?**

Everyone in track and field works hard. We feel that nutrition is a big factor in what can separate us from our competition.

## **Do you give or recommend certain foods to your athletes before meets?**

We don't have our kids do anything too different on a competition day. They eat the same foods as normal. We may just tweak the timing of their food intake and the quantities to avoid potential stomach issues while competing.

## **What is one way nutrition has affected your life?**

I can tell you on a personal note, when I eat better and fuel myself with the right kinds of food, I have more energy, I sleep better and I generally feel better.



# HEALTHY PALEO BANANA BREAD

## INGREDIENTS

- 2 eggs
- 2 very ripe bananas mashed
- 1/4 cup maple syrup or honey
- 1 teaspoon lemon juice
- 3 cups almond flour
- 1 teaspoon baking soda
- 1/8 teaspoon sea salt



## INSTRUCTIONS

*Preheat oven to 325 degrees and grease 1 loaf pan.*

*Beat eggs until they are pale yellow and then add bananas and mix until combined.*

*Pour in sweetener of choice and lemon juice and mix until combined.*

*Mix dry ingredients together and add then add the wet ingredients. Mix until combined.*

*Transfer to loaf pan and spread evenly.*

*Bake for 35-40 minutes, until golden brown, cool on wire rack.*



# WORK CITED

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