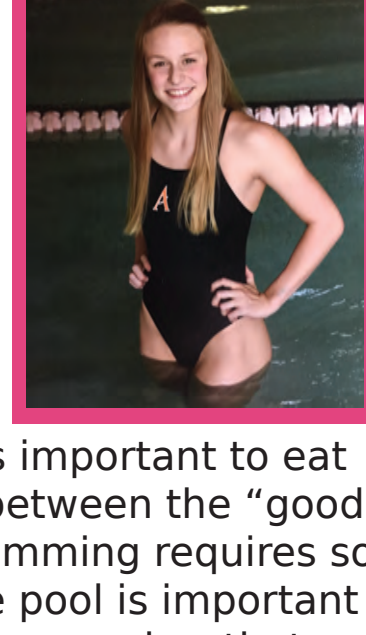


### ATHLETE FEATURE: MOLLY WINER

Junior at Gilbert High school, a part of the Ames High Swim Team and the last two years of a 6 out of 7 year State Champion winning streak.



**What do you think the most important thing for young athletes to remember when implementing healthy foods into their diets?**

I think it's important to remember that even though it's important to eat healthy, you are still a kid. There needs to be a balance between the "good" and the "bad" foods that are a part of the diet. Since swimming requires so much commitment and time, eating healthy outside of the pool is important in making sure your work pays off but it's also important to remember that you need to enjoy yourself too.

**How have you seen your nutritional habits affect your performance?**

You can definitely notice when you haven't been eating well because you don't feel as sharp in a workout. Eating a lot of sugar and/or fat can make you feel sleepier and you won't be able to perform as long in practice.

**What is your go to snack before a race?**

Usually at meets I have apples, grapes, goldfish and possibly graham crackers or another snack food like that. I don't eat anything really close to before a race but during breaks it's important to fuel your body so you don't run out of energy.

**Do you have a specific routine that you stick to? How often do you treat yourself?**

This season is the first for me that I am trying out a long term [lifestyle change]. I've been making a conscious effort to cut out all processed sugar. One of my other teammates is doing this with me (it's a lot easier when you have somebody else who can relate) and we've decided to allow small things on holidays so that we don't give everything up.

**How do you keep a healthy diet during school days or away for games?**

During the week I bring my lunch to school and, depending on if I have morning practice, I either bring leftovers or just a sandwich. I make sure that there is always a fruit or vegetable in my lunch as well as some snack foods so I can eat throughout the day. For away meets, it's a lot like packing a second lunch that will stay fresh longer. Also, I highly recommend oatmeal for breakfast. It fills you up, is easy to make, and gives you energy to get through the day (especially after a workout). I usually eat a bowl before morning practice and then bring a thermos of it for my drive to school.

**When did you start to realize the importance of eating healthy? How did you begin to implement that in your daily diet?**

Last season for me was really a wake up call. Towards the end, I started watching my diet more and I definitely felt better in workout and just in general. However, this season is the one where I am really focusing more on what I fuel my body with. Since I'm cutting out sugar there really isn't any good way to implement it. I just marked a day and when it rolled around I was done.

**What is your favorite recipe?**

One of my favorite recipes is lasagna with tofu. My mom makes this a lot when I have to carb load before a meet. It's just pasta, sauce, cheese, and tofu instead of beef. It stores really well and can be used as leftovers.

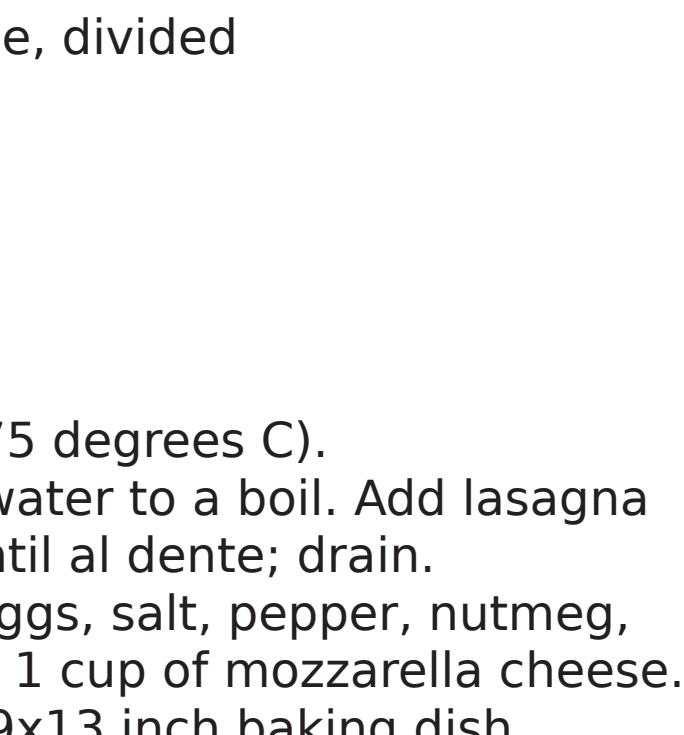
### Recommended by Molly Winer:

#### Tofu Lasagna

55 minutes 7 servings 324 cals

#### Ingredients

- 1/2 (12 ounce) packaged uncooked lasagna noodles
- 1 (12 ounce) packaged firm tofu, crumbled
- 2 eggs
- Eggs Large White
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground nutmeg
- 2 tablespoons milk
- 1 cup spaghetti sauce
- 1 tablespoon dried parsley
- 2 cups shredded mozzarella cheese, divided
- 1/2 cup grated parmesan cheese

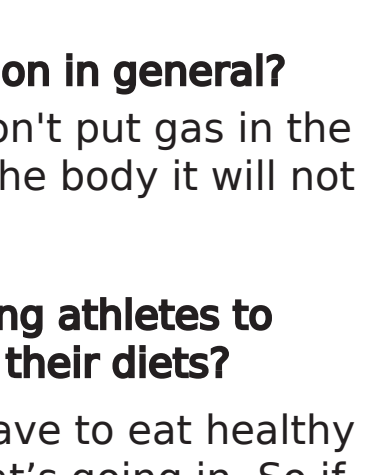


#### Directions

20m prep 35m cook  
Preheat oven to 350 degrees F (175 degrees C).  
Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.  
In a medium bowl combine tofu, eggs, salt, pepper, nutmeg, milk, spaghetti sauce, parsley and 1 cup of mozzarella cheese. Spread a layer in the bottom of a 9x13 inch baking dish.  
Layer lasagna noodles with the sauce mixture, ending with sauce. Sprinkle with remaining mozzarella and parmesan cheese.  
Bake in preheated oven for 25 to 35 minutes.

### COACH FEATURE: CRISTY NIMROD

Cristy has been with Decorah and the Girls Cross Country team for 15 years. She coached the girls to a 2016 3A state championship and to a top 5 finish for the last several years.



**What tips do you give to your athletes regarding nutrition?**

We talk about the importance of putting good food into bodies, kids will eat different things before they race, and that's fine with me. Some people can handle fruit, some can't. Some can handle a lot of food before they race, some can only take a little bit so we talk about some of the things they really need in. They need to have proteins, carbs, and of course, liquids.

**How do you implement nutrition into training your team?**

Talking about it as a large group, we take a quiz at the beginning of the season to see what they know and then we base our nutrition talks off of that. We try to talk nutrition once a week and emphasize it a couple of times a week and review what they talked about. We also talk about good things to eat if they've had problems at a meet. We'll ask what they've eaten and talk it through that way quite often actually.

**What do you want all athletes to know about nutrition in general?**

That it's the fuel that makes your body work so if you don't put gas in the car it won't run and if you don't put good nutrition into the body it will not perform.

**What do you think the most important thing for young athletes to remember when implementing healthy foods into their diets?**

I think it's important for them to know that they don't have to eat healthy 100% of the time, but they need to be conscious of what's going in. So if 80% of the time they are eating healthy, 20% of the time they can eat something else, like cookies or ice cream once and awhile. It's not bad to have that stuff, we don't want them to think that going out for ice cream will ruin everything they've worked for. The 80-20 rule is very important.

### NUTRITION MYTHS

MYTHS	FACTS
1. Water is all you need to rehydrate after intense activity.	In order to properly rehydrate after intense activity, your body needs more than just water. Sweat contains electrolytes and minerals that also need to be replaced. You can get these nutrients in many different ways. Here are some great examples: -Nuun tablets -Bananas
2. Consuming extra protein alone builds lean muscle mass.	Consuming adequate protein alone does not build lean muscle. Pair exercise with protein intake to increase lean muscle mass. The timing of protein intake is just as important as the quantity consumed.
3. It is necessary to carbohydrate load before competition.	Research shows consistent intake of high quality carbohydrate throughout the entire season is more effective for successful outcome than excessive carbohydrate intake prior to one event.
4. It doesn't matter when or what you eat as long as you consume enough calories every day.	The timing and quality of the fuel (from food) one consumes is important for a successful performance. High quality fuel = optimal outcomes.
5. Supplements are necessary for optimal athletic performance.	In general, athletes do not require a greater amount of any one nutrient. You can't out-supplement a bad diet. Consuming adequate amounts of fruits, vegetables, whole grains, lean protein, and calcium rich foods from dairy on a daily basis provides a balance of vitamins, minerals, and energy.

### ELLEN DAVIS-CERTIFIED SPORTS DIETITIAN

Ellen Davis is one of the main resources used for our nutrition newsletters. She is a former Iowa Girl from North Linn High School, where she was a 13-time state champion in track & field. She was inducted into the IGHS AU Track & Field Hall of Fame in 2010. She now works at the Waukee HyVee as a Certified Sports Dietitian and works closely with athletes to help them learn how to properly fuel their bodies for competition.



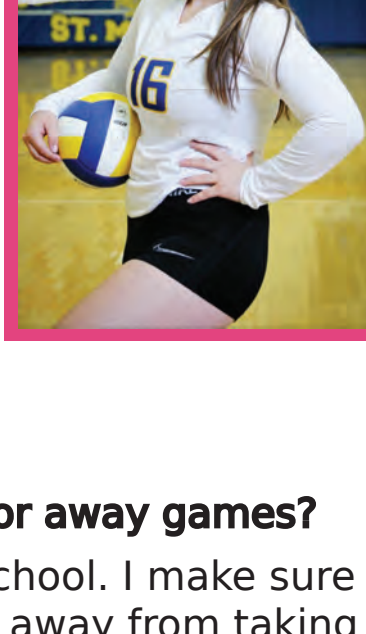
<http://bit.ly/EllenDavisFeature>

### ATHLETE FEATURE: ELIZABETH TOWNSEND

Senior volleyball player at Martensdale St. Marys

**Have you seen your nutritional habits affect your performance?**

I've seen my performance be affected greatly during a volleyball game last season due to the lack of water I drank earlier that day. I do my best to drink water all day throughout the day. This particular day I didn't drink any water and actually picked up a soda for dinner just three hours before the game. This affected my ability to see clearly and move at a game pace. It also caused me to get so sick that I had to be removed from the game and cool off because my body was dehydrated and overheating.



**How do you keep healthy during school days and for away games?**

During the school days I always take a water bottle to school. I make sure I fill it up at least three times throughout the day. I stray away from taking snacks to school so I don't just eat them to eat them. Sometimes I'll take some fruit or if I want something sweeter I make sure to only take a serving. As for lunches I always make sure to have fruit and vegetables on my tray.

**Do other people on your team eat healthy? Does having the support of others help you make healthy decisions?**

I'd assume most of my team eats fairly because I'm able to work as hard as we do, you have to watch your nutrition. I think that having others support makes a huge difference. Knowing that people are counting on you and are working with you makes it so much easier and more enjoyable; this is why I always have a workout partner. It provides motivation and keeps both both people accountable.

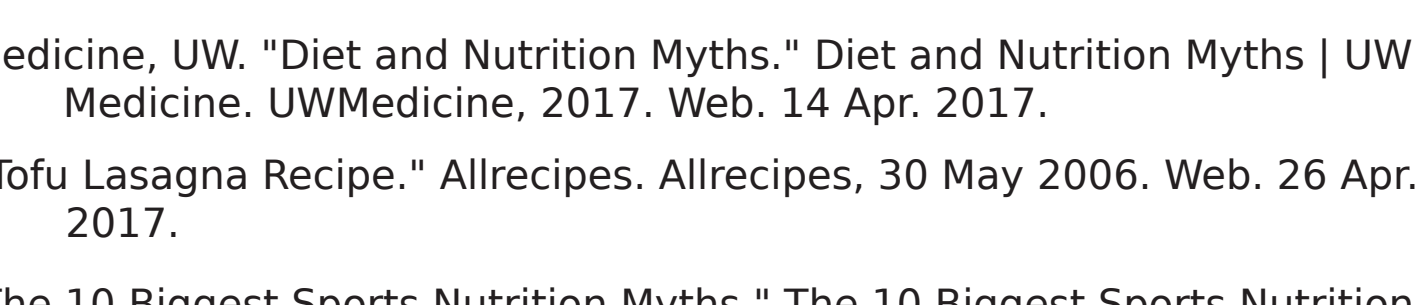
**How have you learned about nutrition? Where did you get your information? How do you implement this in your daily diet?**

I've been learning about nutrition my whole life. My mom used to be a personal fitness trainer and has always cared about our family's nutritional health. She would have me help with meal preparations and allowed me to go to the gym with her to help in on several of her classes. Personally, I think the best way for me to eat healthy every day is to watch what I'm eating and make sure you're eating enough.

**What do you think the most important thing for young athletes to remember when implementing healthy foods into their diet?**

I think the most important thing to remember is the amount of nutritional value they need to take in for the amount physical exertion the sport requires.

### Mango Cherry Recovery Smoothie



<http://bit.ly/HyVeeRecoverySmoothie>

Medicine, UW. "Diet and Nutrition Myths." Diet and Nutrition Myths | UW Medicine. UW Medicine, 2017. Web. 14 Apr. 2017.

"Tofu Lasagna Recipe." Allrecipes. Allrecipes, 30 May 2006. Web. 26 Apr. 2017.

"The 10 Biggest Sports Nutrition Myths." The 10 Biggest Sports Nutrition Myths. Competitor.com, 18 Jan. 2016. Web. 26 Apr. 2017.

All nutritional information confirmed by a certified sports dietitian.

This information is not intended for medical use. Please contact your physician or dietitian before making changes to your eating habits.

