

Purpose

The purpose of this quarterly newsletter is to inform and educate the St. Albert students and families on the current scientific information, training principles, and common sense trends as they relate to strength training of adolescents and the St. Albert weight room.

Becca Elbert

SA Class of 2008- Dietitian

- **Qualifications:**
 - Bachelors of Science, Iowa State University
 - Dietetic Internship Program, Iowa State University
- **Position:**
 - Registered Dietitian with Hy-Vee

Message:

“At St. Albert, I was involved with both soccer and cross country—two sports that are great for endurance. My love for running developed at St. Albert but grew when I went to Iowa State, and I realized how important running is for weight management and overall health. When I started to learn more about nutrition and how it must go hand in hand with physical activity to create a healthy lifestyle, I not only was able to maintain a healthy weight but saw better performance in my running. To really get the most out of your workout—whether it’s walking, running, team sports, swimming or anything else— nutrition is key. Keep it simple: make half of your plate fruits and vegetables, drink lots of water, and eat everything in moderation! For more food and nutrition tips visit eatright.org.”

Components of a Balanced Diet

When wanting to get fit for sports, activities, or simply personal preference, the first thought that often comes to mind is hitting the gym, lifting weights, and working out. But, in order to really get the best results out of workouts, sports performance, and strength training, proper nutrition must also be a top priority. Certain foods may come to mind when talking about getting fit. However, no one food or food group provides all nutrients the body needs. A balanced diet is key. *The following nutritional information is provided via Becca Elbert, RD, LD, LMNT.*

Carbohydrates

Carbohydrates are sugars, starches and fibers founds in fruits, milk, and grain products. These foods are the body’s first source of fuel and are used to provide the energy needed throughout the day and into workouts. Not only do they provide energy, but they are also a good source of fiber, vitamins, and minerals.

However, the source of carbohydrates can make all the difference. Whole grains are a valuable source of carbohydrates. Whole-wheat bread, oatmeal, brown rice, and fresh fruit provide that extra boost of energy and fiber. Avoid choosing “simple carbohydrates,” or foods that may provide energy but lack vitamins, minerals and fiber (such as candy and pop).

Fat

Fat is a great source of energy and is a vital part of every healthy diet. Fat is needed to help absorb important vitamins (A, D, E, and K). Getting enough vitamin D is especially important during the teenage years to promote healthy

bone growth. Good sources of fat include: nuts, nut butters, oils, avocados, and fish.

Protein

Eating for fitness cannot be discussed without talking about protein. Protein’s primary functions are building and repairing body tissues (like muscles and organs). It is important to get a good source of protein throughout the day and especially after a workout. Protein doesn’t need to come from a supplement; it is found in many foods such as milk, nuts, meats, fish, eggs, and beans. Even something as simple as a piece of whole-wheat toast and peanut butter (which contains about 8 grams of protein in 2 tablespoons) is a great example of a post-workout food choice.

Graphic via eatright.org

KEY NUTRIENTS FOR A STRONG BODY

PROTEIN

Children should build muscle with protein from food — not dietary supplements. Incorporate protein into every meal.

RECOMMENDATIONS:

- Lean chicken or turkey
- Peanut or almond butter
- Eggs
- Fish
- Low-fat milk, cheese or yogurt



CARBOHYDRATES

Carbohydrates are stored inside the body as fuel for activities. They also aid in muscle recovery.

RECOMMENDATIONS:

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| <p>BEFORE PRACTICE OR A GAME:</p> <ul style="list-style-type: none"> • Light carbohydrate-based snack, such as half a sandwich | <p>AFTER PRACTICE OR A GAME:</p> <ul style="list-style-type: none"> • Smoothie • Sliced banana (lengthwise) with peanut butter sandwiched in the middle |
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HYDRATION

Hydration helps maintain body temperature, transport nutrients and oxygen to cells, carry waste away from cells and lubricate joints. **Water is the best choice.**

For 1+ hours of activity, replenish electrolytes lost through heavy sweating.

RECOMMENDATIONS:

- Sports drinks
- Fat-free or low-fat dairy
- Fruit such as a banana or orange



DRINK 6-8 GLASSES PER DAY*

*Along with small amounts during physical activity