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Regional District 13

Health & Nutrition

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NEWSLETTER DATE



Today's poor eating habits.



Skipping Meals: A Common Pattern of Consumption

Teens skip meals for a variety of reasons, including irregular schedules, convenience, work and social activities. Up to 50% of teens skip breakfast at one point or another. Breakfast is actually the most important meal of the day!

What can you do? With regard to breakfast, let your teen know that skipping breakfast can slow their metabolism contributing to weight gain and poor performance. A busy lifestyle or running late are often reasons teens skip meals.

To combat this, have a supply of ready to eat healthy food items available that your teen can grab and go in the morning.

Snacking: A survival Technique for Teens

Snacking doesn't have to be a bad thing. It can help maintain energy levels particularly in active and growing teens.

Because of the 'skipping meal' factor, many teens fail to eat three regular meals per day, thus snacking can actually be beneficial to ensure adequate caloric intake.

The key, however, is encouraging teens to consume snacks that are nutrient dense rather than junk foods low in nutrients.

Again, the key here is having snack items readily available including yogurt, fresh fruits and vegetables with dips, snack cheeses and healthy snack bars or trail mixes.

Fast Foods: A Staple of Teens' Diets

No parent, no matter how well meaning, will be able to avoid fast food altogether. Teens are more apt to eat fast food because it is convenient and typically a social affair.

Fast food is often jam packed full of fat and empty calories however. What can you do? Educate your teen as much as possible. Help them make smart food choices even when at fast food restaurants.

To as great an extent as possible, you should also work to provide wholesome and healthy foods at home including healthy snack items to supplement your teen's fast food diet.

Dieting: The Evil Opposite of Healthy Eating

Teens often diet because of the perception that 'thin is in'. Dieting can lead to dangerous habits including eating disorders in teens. Some signs that your teen may be dieting include: skipping meals, 'binge' eating, fasting or use of laxatives or diet pills.

One thing you can do for your teen is encourage a healthy self esteem and body image. Engage your teen in extracurricular activities that promote a healthy lifestyle and regular exercise.

Remember that your teen will also model the behaviors that they see at home. If you are constantly obsessing about your weight, your teen is likely too. Always aspire to maintain a healthy and balanced approach to eating and your teen is more likely to do the same.

One approach is to attempt to eliminate the term 'diet' and replace it with 'healthy eating.' If you regularly incorporate healthy lifestyle and dietary practices into your life your teen is less likely to diet on a consistent basis.

Building the Body



Pay attention to your daily protein intake.

*Enjoy the Taste:
A healthy eating plan can include all the foods you like. After all, food is more than just fuel – it's one of life's greatest pleasures! Here's the secret: just don't overfill your body with any one food.*



The generally accepted athlete requirement for protein is between 1.5 and 2.0 grams per kilogram of body weight. Many studies show that athletes commonly consume well over 3.0 grams per kilogram of body weight.

High sources of protein include meat, poultry, fish, and eggs. However, vegetarians can obtain adequate protein by combining non-meat items. For instance, combining legumes (beans) and cereals (rice or corn) creates a protein combina-

tion of high quality. However, animal proteins provide numerous other nutrients (including iron and zinc) that are more difficult to obtain elsewhere unless the diet is very carefully planned.

The bottom line is this: If you consume enough energy from carbohydrates, then the protein you consume will be used for all the valuable protein related functions, such as synthesis and maintenance of muscle, synthesis of creatine, and

the creation of hormones and enzymes. However, without enough carbohydrate energy, the consumed protein will be 'burned' as fuel rather than used for these other critical functions. Burning protein as fuel causes increased water loss that can increase the risk of dehydration (a major factor related to poor performance in athletes).

Dan Benardot, Food & Sport.com

Trim & Fit



Be Realistic: When it comes to making healthy changes in your life, the road to success is paved with small changes made one step at a time. But the payoffs are huge! Forming healthy habits now will help you look and feel better and keep you running strong for years to come. Remember, small steps add up to long-lasting results.

Day in and Day Out: When it comes to a smooth-running body, it's what you do over time that counts. Every healthy body gets overfed or becomes idle now and then. Don't fret! Just balance out these times by eating less or being more physically active for a while. No need to worry about just one meal or one day.

Fueling the Body.

In general, the pre-exercise meal should focus on the provision of carbohydrates and fluids. Provision of a nutritionally balanced meal should not be a major concern at this time, especially if the athlete is well-nourished most of the time. There are several goals for the pre-exercise meal, including:

Sufficient Energy - Making certain the athlete obtains sufficient energy to see him/her through much of the exercise/competition that will follow the meal. Inadequate energy may lead to light-headedness, blurred vision, early fatigue, and loss of competitive attitude.

Prevent Feelings of Hunger - When the athlete feels hungry, this is a sign that blood sugar may be low. Low blood sugar could impair muscle function and is related to central nervous system fatigue.

Drink Fluids - Provision of sufficient fluids to make certain the athlete begins exercise in a fully hydrated state is important for athletic performance and endurance.

Eat Familiar Foods - Only consume foods you know make you feel good and don't cause any kind of GI distress. If you're competing in a country you've never been to, there is a big temptation to try unfamiliar local foods. Don't do that until *after* the competition.

Avoid Large Amounts of Raw Fruits and Vegetables - Raw fruits and vegetables may be gas forming, and lead to GI distention and distress. In particular, foods in the cabbage family (cabbage, Brussel sprouts, mustard greens, kholrabi, etc.) appear to be a particular problem. Eating cooked vegetables or fruit juices do not appear to lead to problems.

Dan Benardot.



Proper Hydration.

GENERAL GUIDELINES:

- Adequate daily consumption of fluids to **avoid** thirst.
- Limit consumption of caffeine .
- Drink at least 8 to 16 oz of fluid 2 hours before exercise
- Drink at least 4 to 8 oz of fluid immediately before exercise
- Drink at least 4 to 8 oz of fluid every 15 to 20 minutes during exercise (whether thirsty or not)
- Drink at least 8 to 16 oz of fluid after exercise
- Drink at least 8 oz of fluid with each meal
- Drink at least 8 oz of fluid between meals.

Note: Sports drinks (such as Gatorade®) which contain ~ a 6% carbohydrate solution, *should* be used in place of water, regardless of the length or intensity of the activity. They encourage drinking, and improve the delivery of both carbohydrate and water to the muscles. They also, importantly, help to maintain blood volume and the delivery of fuel to the brain. Mental fatigue leads to muscle fatigue, so keeping the brain well-fueled is critical to athletic performance.

Dan Benardot, Food & Sport.com

Calorie Burning Chart.

A 154-pound person will use up about the number of calories listed doing each activity below. Those who weigh more will use more calories, and those who weigh less will use fewer. The calorie values listed include both calories use by the activity and the calories used for normal body functioning.

Approximate calories used by a 154-pound person

Moderate physical activities:	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 1/2 miles per hour)	280	140
Weight Lifting (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:	In 1 hour	In 30 minutes
Running/Jogging (5 miles per hour)	590	295
Bicycling (greater than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 1/2 miles per hour)	460	230
Heavy Yard Work (chopping wood)	440	220
Weight Lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220



MyPyramid

STEPS TO A HEALTHIER YOU
MyPyramid.gov



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or more days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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