

# Mealtime Solutions

FUELING YOUR ATHLETE AND FAMILY

## Cutting Corners

Together milk, cheese, and yogurt provide a unique nutrient package of nine essential nutrients that help Americans improve overall diet quality.

**Rise and Shine:** Get a mid-morning boost with a cold glass of fat free milk and sliced peaches.

**String by String:** Pack light string cheese into your bag for a post-workout energizer.

**Simple Shortcake:** Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.

**Milk provides key nutrients athletes need after exercise.**

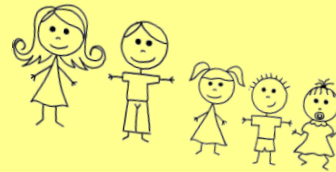
## Keep It Safe

Americans of all ages carry bag lunches to school, work, or sporting events. Ensure a safe lunch – handle it safely. Perishable food must be kept cold to slow bacterial growth and keep food safe. Harmful bacteria multiply rapidly in the “Danger Zone” – the temperatures between 40° and 140° F. Keep perishable food refrigerated until time to leave home. Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box.

## Family Connections

How do you keep a regular fitness program for you and your family? Find some physical activities you all enjoy and do them together! Families that play together, stay together playing longer! Do a variety of things to keep everyone involved – and moving!

- **Make it a 10 minute walk!** Even a little bit of activity is better than none. Invite others in your family to take a short walk with you.
- **Turn off the TV and video games!** – Limit the amount of time you allow your child to be electronically entertained.
- **Be a good neighbor!** Have members of your family volunteer to help others out by walking their dogs or helping with household chores.



## Food on the Move

Carbohydrates are the body's preferred energy source and the main fuel for working muscles. These carbohydrate-rich foods are quick for snacks at home, practice, or pre-event.

Yogurt and granola  
Whole-grain bagel  
Pretzels  
Dried apricots, raisins, and nuts  
100% fruit juice  
Instant breakfast drinks  
String cheese and crackers  
Animal crackers  
Granola bars  
Flavored milk  
Pudding  
Trail mix

**RECIPE FOR:**

**Cheddar and Mushroom Breakfast Squares**



Servings: 9      Prep time: 20 minutes      Cook Time: 60 minutes

- |  |   |
|--|---|
| 2 tsp. butter                                  | 2 cups sliced white button mushrooms            |
| ½ cup sliced green onion, including green tops | 6 slices country-style whole-grain bread, cubed |
| 2 cups shredded, reduced-fat Cheddar cheese    | 2 cups fat-free or low-fat milk                 |
| 2 cups egg substitute                          | 1 tsp. red or green hot pepper sauce            |

Spray and 8"x8" square glass or ceramic baking dish with cooking spray; set aside. In a medium skillet over medium heat, melt butter and add mushrooms. Cook mushrooms about 5 minutes or until softened and brown at edges. Stir in green onion; set aside. Place ½ of the bread cubes in prepared baking dish. Scatter ½ of the mushroom mixture and ½ of the cheese over bread cubes. Layer remaining bread cubes and mushroom mixture; set aside. In a large bowl, beat milk, egg substitute and pepper sauce until well blended. Pour milk mixture over bread cubes and top with the remaining cheese. Make ahead suggestion; cover dish with foil and refrigerate for 8 – 10 hours before baking. Preheat oven to 350°F. Bake, covered for 45 minutes. Remove foil and bake an additional 15 minutes or until top is puffed up and cheese is browned at edges. Let cool for 5 minutes; cut into squares to serve. Note: Create your own variation by using other vegetables.

Recipe created by 3-Every-Day of Dairy.

Nutritional Facts: 210 Calories, 8g Fat, 4.5 g Saturated Fat, 20 mg Cholesterol, 310 mg Sodium, 17 g Protein, 18g Carbohydrates, 1g Dietary Fiber, 30% Daily Value Calcium

**RECIPE FOR:**

**Frozen Yogurt Squares**



Servings: 9      Prep Time: 10 minutes      Freezer time: 8 hours

- |   |  |
|---|--|
| 1 cup crunchy wheat and barley cereal                           | 3 cups fat-free strawberry yogurt                  |
| 1 (10 oz.) bag frozen unsweetened strawberries (about 2 ½ cups) |  |
| 1 cup fat-free sweetened condensed milk                         | 1 cup light or fat-free whipped topping (optional) |

Line an 8"x8" baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside. Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve. Storage tip; Squares may be individually wrapped and frozen for single servings. Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Recipe created by 3-Every-Day of Dairy.

Nutritional Facts: 200 Calories, 0g Fat, 0g Saturated Fat, 5 mg Cholesterol, 150 mg Sodium, 7g Protein, 42g Carbohydrates, 2g Dietary Fiber, 20% Daily Value Calcium

**ASK AN AGENT**

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

To ask a question or for more information contact:  
 Ardis Oelkers Roosevelt County Agent  
 406-787-5312  
 aoelkers@montana.edu

**What Can I Do Today?**

Proper nutrition for the young athlete is easy when you know the basics:

Eat about five times a day (breakfast, snack, lunch, snack, dinner).

Never skip breakfast.

Get plenty of sleep. Sleep impacts weight control, energy level, caloric intake and hydration.