# Mealtime Solutions

FUELING YOUR ATHLETE AND FAMILY

MONTANA STATE UNIVERSITY EXTENSION

Roosevelt County – September 2013 (1)

## Did You Know?

Just as a car runs best with a full tank of gas, your body needs the right kind of "nutritional fuel". A balance of carbohydrates, proteins, fats, vitamins, minerals, and water will give your body what it needs for peak performance. **Carbohydrates** found in pasta, bread, cereal, rice potatoes, fruit, milk, and yogurt are the best fuel for working muscles. **Protein** is needed for your body to build and repair muscles. **Fat** is an important source of energy used to fuel longer exercise and endurance activities. Also helps keep your brain and nervous system healthy. **Vitamins and minerals** help unlock the energy stored in food so your body can use it as fuel. Your body needs calcium, magnesium, fluoride, and vitamin D to keep bones strong. **Water** is the most important nutrient and essential to keep you hydrated.

One serving of _____ after exercising may help reduce muscle damage and improve muscle recovery.

## Nutrition Nugget

Eating a balanced diet in combination with regular activity is the way to go to feel your best and have energy. Think nutrient-rich which means getting the most from the foods you choose. Good nutrition is key for optimal performance; however, research shows that athletes don't need a diet different from what is recommended by the Dietary Guidelines and MyPlate. For more information, visit ChooseMyPlate.gov.

## Family Play Time

Family Play Time:

Eating a healthy diet and being physically active are part of good health. What makes for an ideal family fitness activity?

-It appeals to both children and adults.
-It is convenient to do.
-It's budget-friendly.
-It takes place in a family-friendly environment.
-The total activity time lasts 60 minutes a day—but remember it doesn't have to be all at once!

## Cooking School

Including a dairy snack between meals is a healthy way to keep hunger in check and stay energized throughout the day.

Strawberry-sicles: Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.
Graham Dunk: Dip a few crackers into a cold glass of lowfat milk.
Cheese & Crackers: Layer lowfat American cheese and smoked turkey onto crackers.
Chicken Melt: Melt a slice of reduced fat Colby Jack cheese over canned chicken on an English muffin.
Tropical Smoothie: Blend fresh orange slices with strawberry yogurt and ice.
Yogurt Pops: Freeze squeezable yogurt for a quick and creamy popsicle.

## Cheesy Chicken Crunchers

RECIPE FOR:

Servings: 6 Prep Time: 30 minutes Cook Time: 25 minutes

Ingredients:
1 cup all-purpose flour 4 egg whites ½ cup reduced-fat milk 1 ½ cups cornflakes
1 cup reduced-fat shredded Cheddar Cheese 6 chicken breast filets, cut into strips

Preheat oven to 375° F. Set up three bowls with the following: 1) flour; 2) an egg-wash; made by beating the eggs and milk together; 3) cornflakes mixed with cheese. Coat a 13" x 9" baking pan with non-stick cooking spray. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken, and place on the baking pan. Discard any unused cornflake mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce, if desired. Recipe created by Chef Jon Ashton of Orlando, Florida, National Dairy Council.
Nutritional facts: 320 Calories, 8 g Saturated Fat, 90 mg Cholesterol, 320 mg Sodium, 37 g Protein, 24 g Carbohydrates, 1 g Dietary Fiber, 20% Daily Value Calcium

## Pumpkin Pie Pudding

RECIPE FOR:

Servings: 6- ½ cup

Ingredients:
1 package instant vanilla pudding 1 ½ cup skim milk 15 oz. can of pumpkin 2 tsp. cinnamon
Low fat graham crackers

Materials:
6 clear cups Small Ziploc bag

Place graham crackers in a Ziploc bag and crush the crackers into crumbs. In a bowl, combine 1 package instant vanilla pudding mix, 1 ½ cup skim milk and 15 oz. of pumpkin, and 2 tsp. of cinnamon. Mix well and chill for (at least) 15 minutes. Scoop approximately ½ cup of pudding into each cup. Top the pudding cups with graham cracker crumbs.

Tastes just like pumpkin pie, but is a lot easier to make. A great source of both Calcium and Vitamin A!
Source: MyPlate – Empty Calories at: www.md.nutrition-ed.org/tmp/Nutrition_Nuggets_Revised_9-5-12_01.pdf

### 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?

Eat a variety of foods to get all the nutrients you need to stay healthy.
Eat regular meals and healthy snacks to fuel your body.
Eat enough calories to fuel your body for exercise.
Drink plenty of water.