

# FUEL WELL, HAVE FUN

## Nutrition Know How for Coaches and Athletes

Applauding character, fostering teamwork, instilling pride... as a coach, you influence young lives in so many ways - well beyond calling plays from the sidelines.

Consider too, the role of nutrition. Let us help you show your team how to eat right in order to take on strenuous activity.

Cabot Creamery Cooperative knows all about team work and good nutrition. To support your good work, we offer these top six nutrition tips for athletes, and an assortment of recipes just right for your players.

**SEE BACK FOR RECIPES**



### 1. BREAKFAST BUILDS BETTER ATHLETES

- Regularly eating a nutritious breakfast ensures that not only are you well fueled on game day, but you'll experience better day-to-day training. Breakfast should contain at least 3 of the 5 food groups, with special attention to whole grains, low-fat milk/yogurt/cheese, fruits and lean protein/meats/meat substitutes.
- RECIPES: *Orange Yogurt Smoothie* and *Easy Egg Burrito*

### 2. FUEL FOR THE DAY

- Eating mini meals, such as these, throughout the day, keep energy levels high and the brain working well.
  - Baked potato + steamed veggies & shredded cheese
  - Cheese cubes + whole grain crackers & sliced apples
  - Shredded chicken + carrots tossed with Asian dressing, wrapped in whole wheat tortilla
  - Low-fat yogurt + frozen berries & granola
  - Peanut butter sandwich made with whole grain bread + sliced bananas

### 3. BETTER PRE-GAME FUEL = BETTER PERFORMANCE

- Muscles store energy in the form of "glycogen", which is built from eating carbohydrates. So, the best pre-game fuel comes from eating carbohydrate-rich foods. Too much fat and protein pre-game, can make you feel sluggish afterwards!
- RECIPE: *Whole Grain Get-Up-and-Go Bars*

### 4. HYDRATE, HYDRATE, HYDRATE

- With what?
  - Water – the very best choice for your entire body.
- How much?
  - 2 hours before a game, 2 cups
  - 15 minutes before a game, 1 more cup
  - 1/2 cup every 15 to 20 minutes during practice or a game (*Note: same as listed*).
- Other ways?
  - Eat water-rich foods (such as grapes, watermelon, apples, celery, peaches, lettuce and cucumbers) to replenish fluid lost, and remember to avoid caffeinated drinks, which dehydrate you.

### 5. PACK PROTEIN FOR POST-GAME

- Eating combination foods containing carbohydrate + protein (such as chocolate milk, fruit/yogurt smoothies, fruited yogurt, bagel pizzas) is the ideal way to replenish exhausted muscles after strenuous exercise.
- RECIPE: *Recovery Rigatoni*

### 6. "SPORT" YOUR STRONG BONES NOW & LATER

- One of the best ways to build strong bones is to exercise. As athletes, you've got that covered. But strong bones also require plenty of calcium + vitamin D. The best food sources of calcium include milk, cheese and yogurt. Vitamin D can also be found in milk and yogurt, as well as, a number of other fortified foods and exposure to sunlight.
- RECIPE: *Make-Ahead Spaghetti Pie*

## RESOURCES FOR TIP SHEET

### Recommended Resources for Healthy Athletes:

#### Healthy Eating

- [healthcastle.com](http://healthcastle.com)
- [cabotcheese.coop](http://cabotcheese.coop)

#### Sports Nutrition

- [nancyclarkrd.com](http://nancyclarkrd.com)

#### Coaches Networks & Resources

- [aahperd.org/naspe](http://aahperd.org/naspe)
- [championshipcoachesnetwork.com](http://championshipcoachesnetwork.com)
- [specialolympics.org](http://specialolympics.org)
- [juliefoudysoccercamps.com](http://juliefoudysoccercamps.com)
- [active.com/soccer](http://active.com/soccer)



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Order Cabot's Soccer Coaching DVD Kit at: [cabotcheese.coop/soccer](http://cabotcheese.coop/soccer)



## Easy Egg Burrito

Makes 2 servings

- |  |   |   |
|--|---|---|
| Nonstick cooking spray                                 | 2 | corn or flour tortillas   |
| 2 large eggs   | 1 | ounce <b>Cabot 50% Reduced Fat Cheddar</b> , grated (about 1/4 cup) |
| 1/3 cup chopped cooked vegetables (leftovers are fine) | 2 | tablespoons tomato salsa  |
| 2 tablespoons milk                                     |   |   |

1 Coat inside of small microwave-safe bowl with cooking spray; add eggs and beat lightly with fork to combine. Add vegetables and milk and stir together. 2 Cover bowl loosely with plastic wrap (to prevent splatter). Microwave on high power for 40 seconds. 3 Stir egg to break up clumps, recover bowl and microwave for about 30 seconds longer or until cooked through (time will vary with microwave). 4 Place half of eggs in center of each tortilla and top with cheese. Roll up and top with salsa.

### NUTRITION ANALYSIS

Calories 260, Total Fat 9g, Saturated Fat 1g, Sodium 260mg, Carbohydrates 43g, Dietary Fiber 4g, Protein 5g, Calcium 60mg

## Orange Yogurt Smoothie

Makes 1-2 servings

- |  |     |                           |
|--|-----|---------------------------|
| 1 cup <b>Cabot Nonfat Yogurt</b> (vanilla or fruit-flavored) | 1/2 | cup orange juice          |
|  | 1/2 | cup frozen or fresh fruit |

1 Combine ingredients in blender; blend until fruit is pureed.

### NUTRITION ANALYSIS

Calories 110, Total Fat 0g, Saturated Fat 0g, Sodium 60mg, Carbohydrates 22g, Dietary Fiber 1g, Protein 5g, Calcium 150mg

## Whole Grain Get-Up-and-Go Bars

Makes 16 small or 8 large bars

- |   |     |  |
|---|-----|--|
| Cooking spray   | 1/4 | cup ground flax seed or wheat germ                                   |
| 1 1/4 cups regular oats   | 1   | (6-ounce) container <b>Cabot Strawberry or Vanilla Nonfat Yogurt</b> |
| 1 cup chopped dried strawberries, cherries, blueberries or cranberries          | 2   | large egg whites, lightly beaten                                     |
| 3/4 cup firmly packed brown sugar   | 2   | tablespoons butter   |
| 1/2 cup whole wheat pastry flour  | 1/2 | teaspoon almond or vanilla extract                                   |
| 1 (2.25-ounce) package sliced almonds or sunflower seed kernels (about 1/2 cup) |     |  |

1 Preheat oven to 350°F. Coat 9-inch square baking pan with cooking spray. 2 In large bowl, combine oats, dried fruit, brown sugar, flour, almonds or sunflower seeds and flax seed or wheat germ. In smaller bowl, combine yogurt, egg whites, butter and extract; add to dry ingredients, stirring well to combine. 3 Spread in prepared pan. Bake for 20 minutes. Let cool and cut into squares.

*Note: These bars are soft and chewy. If a crisper, drier bar is preferred, place cut squares onto a separate baking sheet and bake for an additional 1 1/2 hours at 200°F.*

### NUTRITION ANALYSIS

(per 1/16th of recipe) Calories 140, Total Fat 4g, Saturated Fat 1g, Sodium 25mg, Carbohydrates 26g, Dietary Fiber 2g, Protein 3g, Calcium 40mg

**Note: A number of the following recipes call for using whole-grain, high-fiber ingredients, which are associated with a healthier diet. Athletes who don't typically eat higher fiber choices should choose to gradually increase their fiber intake, especially on game days as too much fiber is not recommended before a game.**

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## Recovery Rigatoni

Makes 5 servings

- |  |     |  |
|--|-----|--|
| 1 (6-ounce) container <b>Cabot Plain Nonfat Yogurt</b> (about 2/3 cup) | 4   | ounces <b>Cabot 50% Reduced Fat Cheddar</b> , grated (about 1 cup) |
| 1/3 cup light mayonnaise   | 1   | (6-ounce) package oven roasted diced chicken breast (about 1 cup)  |
| 1 tablespoon powdered ranch dressing mix or prepared pesto             | 1   | cup grape or cherry tomatoes, halved (about 1/2 pint)              |
| 1/4 teaspoon salt  | 1/2 | medium seedless cucumber, quartered and sliced                     |
| 1/4 teaspoon black pepper  |     |  |
| 4 ounces dry rigatoni or other pasta (about 1 1/2 cups), cooked        |     |  |

1 In large bowl, combine yogurt, mayonnaise, ranch dressing mix or pesto, salt and pepper until well blended. Add remaining ingredients and toss until combined. Cover and chill at least 1 hour.

### NUTRITION ANALYSIS

Calories 320, Total Fat 10g, Saturated Fat 3.5g, Sodium 670mg, Carbohydrates 25g, Dietary Fiber 1g, Protein 22g, Calcium 250mg

## Make-Ahead Spaghetti Pie

Makes 8 servings

- |  |   |  |
|--|---|--|
| 1 pound lean ground turkey or extra-lean ground beef | 6 | ounces <b>Cabot Tomato Basil Cheddar</b> , grated (about 1 1/2 cups), divided* |
| 1 (28-ounce) can crushed tomatoes with Italian herbs | 2 | teaspoons chopped garlic   |
| 1/4 teaspoon salt                                    | 4 | cups hot cooked spaghetti (about 8 ounces uncooked pasta)                      |
| 1/4 teaspoon black pepper                            |   | Cooking spray  |
| 1 (8-ounce) container <b>Cabot Light Sour Cream</b>  |   |  |

1 Cook meat in large skillet over medium heat until browned, stirring to crumble. Stir in tomatoes, salt and pepper. Bring to boil; reduce heat and simmer for 5 to 10 minutes or until thickened. 2 Meanwhile, combine sour cream, 1/2 cup of cheddar and garlic in small bowl. 3 Place spaghetti in 9-inch deep dish pie plate or 2-quart casserole dish coated with cooking spray. 4 Spread sour cream mixture over spaghetti. With slotted spoon, spoon meat mixture over sour cream. Sprinkle with remaining cheese. Cover and refrigerate until ready to bake. 5 Preheat oven to 350°F. Bake for 30 minutes or until hot and bubbly.

*\*Note: If Tomato-Basil Cheddar is unavailable, substitute equal amount of Sharp Cheddar tossed with 1/4 teaspoon dried Italian herbs.*

### NUTRITION ANALYSIS

Calories 340, Total Fat 14g, Saturated Fat 7g, Sodium 400mg, Carbohydrates 32g, Dietary Fiber 3g, Protein 23g, Calcium 250mg

For more great nutrition tips and recipes, be sure to visit [cabotcheese.coop](http://cabotcheese.coop)