



Fuel Well, Have Fun!

NUTRITION KNOW-HOW FOR COACHES AND ATHLETES

Soccer isn't just fun – it's also a healthful, body-building exercise. 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 Co-operative knows all about teamwork and good nutrition. To support your good work, we offer our top six nutrition tips for athletes, along with an assortment of recipes just right for your whole team.

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, lowfat milk/yogurt/cheese, fruits, and lean protein/meats/meat substitutes.

Recipe: [Kiwi & Pineapple Greek Yogurt Parfait](#) and [Baked Cheddar Frittata](#)

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: [Chewy Granola Bars with Yogurt Drizzle](#)

HYDRATE, HYDRATE, HYDRATE

With what?

- Water – the best choice for your entire body.

How much?

- 2 hrs. before a game, 2 cups
- 15 min. before a game, 1 more cup
- ½ cup every 15 to 20 min. during practice or a game.

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.

PACK PROTEIN FOR POST-GAME

Eating combination foods containing carbohydrate + protein (such as chocolate milk, fruit/yogurt smoothies, fruited yogurt, cheese & crackers) is the ideal way to replenish exhausted muscles after strenuous exercise.

Recipe: [Stovetop Cheeseburger Macaroni & Cheese](#)

FUEL FOR THE DAY

Eating mini-meals throughout the day keeps energy levels high and the brain working well. Examples include:

- Baked potato + steamed veggies & shredded cheese
- Cheddar cubes + whole grain crackers & sliced apples
- Shredded chicken + carrots tossed with Asian dressing, wrapped in whole wheat tortilla
- Lowfat yogurt + berries & granola
- Peanut butter sandwich made with whole grain bread + sliced bananas

"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 other fortified foods, along with exposure to sunlight.

Recipe: [Focaccia Slab Grilled Cheese](#)

Find these free soccer resources at:

cabotcheese.coop/soccer-clinic





Stovetop Cheeseburger Macaroni & Cheese Makes 8 cups

Salt for pasta water plus ¼ tsp.
13 to 14 oz. dry pasta, such as fusilli,
rotini or macaroni

2 Tbsp. Cabot Unsalted Butter

1 shallot, minced

2 Tbsp. plus 1 tsp flour

1 ½ cups fat-free milk

1 tsp. Dijon mustard

½ tsp. garlic powder

¼ tsp. pepper

6 oz. of Cabot Yellow Extra Sharp
Cheddar, shredded (about 1 ½ cups)

½ lb. ground beef

1 medium Roma tomato, diced

BRING a large pot of salted water to a boil. **PREPARE** pasta according to package. Drain well. **MELT** butter in a medium saucepan over medium heat. Add shallot and cook, stirring until the shallot is slightly softened, 1 to 2 min. Make roux by sprinkling flour over the shallot and stir to dissolve flour into the butter. Whisk in milk and continue whisking until all of the flour is incorporated into the milk. Scrape along edges of the saucepan with a heat-proof spatula make sure no roux remains in the corners. Whisk in Dijon, garlic powder, ¼ tsp. salt and pepper. Whisking constantly, increase heat to medium-high and bring to a simmer and cook until thickened, 2 to 3 min. **REMOVE** the sauce from the heat. Stir in cheddar and whisk until completely melted into the sauce. **BROWN** ½ lb. ground beef in a large skillet over medium-high heat until cooked through. **STIR** the hot cooked pasta, sauce, browned beef and tomato in the pasta pot. Serve immediately.

Calories 370, Total Fat 15g, Saturated Fat 7g, Cholesterol 50mg, Sodium 340mg, Carbohydrates 40g, Dietary Fiber 2g, Protein 19g, Calcium 225g

Baked Cheddar Frittata Makes 6 servings

Olive oil or nonstick cooking spray

8 large eggs

3 Tbsp. milk

½ Tbsp. salt

¼ tsp. ground black pepper

4 cups diced cooked vegetables and/or
cooked potatoes or pasta

8 oz. Cabot Sharp Cheddar
(about 2 cups)

PLACE rack in upper third of oven and preheat oven to 425°F. Brush 7-by-11-inch or similar 2-quart baking dish with olive oil or coat with nonstick cooking spray. **WHISK** eggs, milk, salt, and pepper until combined and frothy, in bowl. **DISTRIBUTE** vegetable mixture evenly in dish. Scatter most of cheese on top, leaving a few Tbsp. aside. Pour egg mixture evenly over solids, using a fork to make sure it is mixed in. **BAKE** frittata for 20 to 25 min. or until puffed and not runny in center (poke small knife in center to check). **REMOVE** from oven and sprinkle with reserved cheese. Cut into pieces and serve immediately.

Calories 267, Total Fat 19g, Saturated Fat 9g, Cholesterol 221mg, Sodium 537mg, Carbohydrates 5g, Dietary Fiber 0.5g, Protein 19g, Calcium 328mg

Kiwi & Pineapple Greek Yogurt Parfait Makes 1 serving

¼ cup Cabot Plain Greek Yogurt

2 tsp. honey

1 ripe kiwi, peeled, sliced & quartered

¼ cup fresh pineapple, diced

1 Tbsp. unsweetened shredded coconut

COMBINE the yogurt and honey in a small bowl. **ALTERNATE** layers of kiwi, yogurt and pineapple in a 6 to 8 oz. jar. Top off with any remaining fruit and sprinkle with coconut. **TIPS:** Prepare the parfait and refrigerate in a sealed jar overnight for a quick on-the-go breakfast. Stores well for one day.

Calories 236, Total Fat 11g, Protein 6g, Carbohydrates 31g, Sugars 23g, Sodium 33mg

Focaccia Slab Grilled Cheese Makes 8-10 sandwiches

1 large piece of focaccia, one that will
fit snugly on an 18x13-inch baking sheet

1 ½ lb. Cabot Sharp Cheddar
(about 6 cups)

Crumbled bacon, pesto, sun-dried
tomatoes, or anything you'd put in a
regular grilled cheese

PREHEAT oven to 375°F. Slice the focaccia so that you have two equal slabs. **SPRINKLE** your preferred grated cheese for as little or as much coverage as you'd like between the slices of focaccia. Weight the whole thing down with a heavy-bottomed pan—that's right, put a pan right on top of the focaccia—and bake at 375°F for about 8 min. **SLICE** into 9 large sandwiches, or as small as you'd like to serve at a party.

Calories 520, Total Fat 41g, Saturated Fat 16g, Cholesterol 80mg, Carbohydrates 22g, Dietary Fiber 1g, Protein 23g, Calcium 530mg

Chewy Granola Bars with Yogurt Drizzle Makes 16 bars

For the bars:

1 cup dates

2 cups old-fashioned oats

1 cup flour

¾ cup brown sugar

¼ cup ground flaxseed

¾ tsp. ground cinnamon

½ tsp. Kosher salt

½ cup honey

¼ cup canola oil

¼ cup Cabot Plain Greek Yogurt

1 egg, beaten

2 tsp. vanilla extract

1 tsp. orange zest

Yogurt drizzle:

2 Tbsp. Cabot Plain Greek Yogurt

1 Tbsp. Cabot Cream Cheese, at room
temperature

3 Tbsp. powdered sugar

PREHEAT oven to 350° F. Coat a 13- x 9-inch baking pan with cooking spray. **PLACE** dates in bowl of a food processor; pulse until chopped. Transfer to a mixing bowl. Add oats to food processor and pulse just until chopped, but not smooth. Transfer oats to mixing bowl. Add sugar and next 9 ingredients (through orange zest.) Mix well. **PAT** mixture evenly into the prepared pan (coat hands lightly with cooking spray to help prevent batter from sticking to hands while pressing). **BAKE** for 20 to 25 min. or until bars begin to turn golden and set. Cool for 5 min. in pan. **CUT** into bars while still warm and let cool completely on a wire rack. **PREPARE** yogurt drizzle by combining Greek yogurt, cream cheese and powdered sugar. Drizzle evenly over bars and let stand until set. Store in refrigerator. **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 1½ hrs. at 200°F.

Calories 220, Total Fat 6g, Saturated Fat 1g, Cholesterol 15mg, Dietary Fiber 4g, Calcium 30mg