

JUNE 2016



### SPORTS NUTRITION FOR KIDS.

Proper nutrition for your child is important to keep him or her active this summer. It is also important to keep in mind that kids' nutrition needs are different than adults' needs, based on their rapid growth, increasing muscle mass and hormone changes. It is recommended that children ages 6-17 get at least 60 minutes of exercise per day. If you are searching for a great summer activity to get your kids motivated to be active, be sure to get involved with Hy-Vee's Pinky Swear Kids Triathlons or [www.hy-veekidsfit.com](http://www.hy-veekidsfit.com).

## Maximize Workouts with Nutrition & Hydration!

Fueling your body with proper nutrition and remaining hydrated during exercise can maximize your workout to help you gain the results you desire. The nutrition and hydration recommendations for exercise vary between three different segments: pre, during and post-workout.

**PRE-WORKOUT:** The purpose of pre-workout nutrition is to quickly fuel the body with both protein and carbohydrates. For endurance training, you should consume 1 gram of carbohydrate per kilogram (1 kilogram = 2.2 pounds) of body weight for every hour the meal is away from the event. Fat intake should also be limited because it slows digestion. As for hydration, 16 to 20 ounces of water or a sports beverage should be consumed 4 hours prior to beginning your exercise. Right before you begin to exercise, 8 to 12 ounces of water should be consumed as well.

**DURING WORKOUT:** For endurance athletes, easily digestible carbohydrates like bananas, pretzels or bagels should be consumed throughout their workout if it lasts longer than one hour. Stay hydrated by drinking 3 to 8 ounces of water every 15 minutes of exercise.

**POST-WORKOUT:** The purpose of post-workout nutrition is to refuel the body and kick-start muscle repair. This can be done by consuming 1 gram of carbohydrate per kilogram of body weight per hour for four hours post-workout. Consuming 4 ounces of meat or 20 to 25 grams of protein, preferably with branched chain amino acids, can also help prevent muscle damage and limit immune suppression. Remember to drink 20 to 24 ounces of water or a sports beverage for every pound lost during exercise.

### THE POWER OF PROTEIN

One of the important nutrients in sports nutrition is protein; it helps build and repair all the tissues in our body including our muscles while playing sports or exercising. Protein is available in several different food groups as well as in supplements, which are a great way to reach your protein needs if you are unable to reach the recommended amount through your diet. Ingesting protein in supplement form, especially animal-based protein (e.g. whey and casein concentrates or isolates), greatly enhances a person's ability to recover after physical activity. The amount of daily protein a person should ingest comes down to height, age, medical condition and the type, frequency and intensity of his or her training regimen. Protein intake is equally important for both endurance and strength athletes. Please contact your in-store Hy-Vee registered dietitian for more information on how to use protein and which supplement is right for you.

### FUEL YOUR ACTIVITY RIGHT WITH CARBOHYDRATES!

With all this focus on protein, it can be easy to forget about the nutritional benefits of carbohydrates in fueling your activity. Did you know that carbohydrates are the main and preferred source of energy for our bodies and brains? When we eat carbohydrates, such as those from whole grains, fruits and dairy, fuel is stored in our bodies in the form of a substance called glycogen. During physical activity, glycogen is then broken down to provide fuel for working muscles. Consuming adequate carbohydrates helps to optimize performance and delay fatigue, as well as to replenish glycogen stores after exercise.

## PRODUCT SPOTLIGHT



### DAVIDSON'S SAFEST CHOICE EGGS

- These eggs are pasteurized to eliminate the risk of salmonella while still keeping the same great nutrition and flavor of eggs.
- Eggs are a nutrient-dense protein source and can easily be incorporated into a healthy diet with just 70 calories.



### PROPEL UNFLAVORED WATER WITH ELECTROLYTES

- Propel Unflavored Water with Electrolytes is a great way to get hydrated without contributing to your calories or excess sugar intake.
- At least 20 to 24 oz. of water per pound lost during exercise is recommended to replenish fluid loss.



### EAS ADVANTEDGE SHAKES

- This is a high-protein drink solution without a lot of carbohydrates with only 100 calories and 17 grams of protein.
- These shakes can be used as a snack between meals or enjoyed 30 minutes after a workout.

### DIETITIAN RECIPE OF THE MONTH

## Protein Power Snack

👤 Serves 4 (1 egg and 1/4 cup edamame each).

#### ALL YOU NEED

4 large eggs  
1 cup edamame in-the-pod

#### ALL YOU DO

1. To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

2. To cook edamame: Bring 1 inch of water to a boil in a pot fitted with a steamer basket. Add edamame, cover and steam until the beans are tender, about 2 minutes.

3. Serve the hard-boiled eggs with the edamame.

Nutrition Facts per serving: 110 calories, 7g fat, 2g saturated fat, 187mg cholesterol, 64mg sodium, 3g carbohydrates, 1g fiber, 1g sugar, 9g protein.

Source: Adapted from Eating Well, Inc.



### DIETITIAN PICK OF THE MONTH

## Whey Protein

### 5 REASONS TO PICK WHEY PROTEIN:

- 1 Studies have found that including whey protein in meals and snacks may increase feelings of fullness and can reduce short-term food intake.
- 2 Whey protein is an inexpensive source of protein.
- 3 Whey protein is a protein naturally found in milk. Whey protein is considered a complete protein because it contains all 9 essential amino acids.
- 4 There are many different flavors, from creamy milkshakes to fruity delights. There is a flavor for everyone!
- 5 May help supplement your diet to meet protein needs when they cannot be met by food. Protein is essential for building and repairing your body.

