

Louisville

Building Athletes, Preparing Champions!

Nutrition Tidbits

Issue No. 07- December 8, 2008

Understanding Body Composition:

The number you see when you stand on the scale tells you very little about your body's actual make-up. As an athlete you know the value of muscle, but without precise measurement have no way of knowing how much of your total mass is muscle mass. By measuring the thickness of skinfolds at specific sites on your body we are able to calculate fat mass. The difference between total mass (the number on the scale) and fat mass is your muscle (or lean) mass. With training and a healthy diet this number should increase from freshman through senior year!

5 Rules for a Leaner Body:

1. Eat every 2-3 hours!
2. Include lean (or low-fat) protein in each meal/snack.
3. Include vegetables or crunchy fruit (apples, pears) in every meal/snack.
4. Save carb-heavy meals for after exercise
5. Include healthy fat in each meal. Healthy fat is found in nuts, seeds, fish, olives, avocados, olive oil and flax seed oil.

Nutrition Bite & Recipe of the Week

CAN YOU SURVIVE THE HOLIDAY SEASON?

Tips for Staying Healthy & Fit

1. **COMMIT TO EXERCISE**- Staying on track with your eating has a lot to do with staying on track with your workouts. Be disciplined!
2. **PRE-EAT**- Before holiday parties and gatherings be sure to eat a high protein and high fiber snack at home. The protein and fiber will curb your appetite and keep you from over-indulging!
3. **CREATE A NEW HOLIDAY TRADITION**- Rather than sitting around and eating more food, add exercise to holiday gatherings. Plan a hike, organize teams for tag football, basketball, Ultimate Frisbee or street hockey. Weather-permitting skate, sled or ski!
4. **STUFF YOURSELF WITH GOOD STUFF FIRST**- Fill your plate with healthiest options first. Choose

lean protein and higher fiber options like turkey, ham, crunchy veggies and green salad before cheeses, buttery rolls, potatoes and sweets.

5. **SET A GOAL**- Achievement relies on goal setting, and staying lean and fit over the holidays is an achievement! Set 1-2 specific training goals for the holiday season. Write 'em down and keep 'em visible!
6. **KEEP A FOOD LOG**- Most people are unaware of exactly what and how much they eat and drink each day, until they begin recording every bite and sip. Keeping a detailed log will make you more aware of your patterns, and will help you identify changes you many need to make- like eating more veggies, drinking more water and eating more often.
7. **ADD A FEW MORE INTERVALS**- We know that high-intensity interval training is best for burning fat and calories (and improving conditioning). We also know that

you are likely to eat a little more than usual during the holidays. So, to keep your training and body composition on track, add 5-10 extra sprints to your workouts.

Recipe of The Week

Maple-Roasted Sweet Potatoes

2 1/2 pounds sweet potatoes, peeled and cut in to 1 1/2 inch pieces (about 8 cups)
 1/2 cup pure maple syrup
 2 tbsp. butter, melted
 1 tbsp. lemon juice
 1/2 tsp. salt
 freshly ground pepper to taste

Preheat oven to 400°F. Arrange potatoes in an even layer in 9x13" pan. Combine maple syrup, butter, lemon juice, salt and pepper in bowl. Pour over potatoes and toss. Cover and bake for 15 minutes. Uncover, stir and continue cooking until tender and starting to brown- 30-40 minutes.