



Kids & Teen Athletes

Nutrition Handbook

Written by:
Nicole Marchand Aucoin, MS, RD
Owner of Healthy Steps Nutrition
Registered/Licensed Dietitian
CrossFit Level 2 Trainer
TBXM™ Basic and Advanced Kids Trainer
Certified Health Coach
Certified Personal Trainer

10 Ways To Fuel Your Child For Performance

1. Balance Meals & Snacks

- Protein, carbohydrates & fats are all important part of a balanced meal to help your child stay full, satisfied and fueled for workouts

2. Proper Hydration

- Drink at least 50-60 ounces of water per day
- Hydrate with coconut water during workouts to replace electrolytes

3. Stock Your Car With Power Snacks

- Include source of protein & carbohydrate for snacks before workouts

4. Avoid High Sugary Foods & Beverages

- Sugar causes an inflammatory response causing blood sugar to rise and drop, we want blood sugar to be stabilized keeping us full, satisfied and full of energy to preform well!
- Foods that are high in sugar do not keep your child full for very long. Look at the ingredients label, if sugar is one of the first 2 items, put it back on the shelf.

5. Ensure Adequate Recovery After Workouts

- Have your dinner within 30-45 minutes of your workout (see sample menu for good ideas of dinners)

6. Have Healthy Meals & Snacks Available

- Prepping food is one of the best ways to ensure you are sticking with a plan
- Have pre-cut fruits, veggies, greek yogurt and nuts available
- Try using a crockpot or instant pot to help you save time

7. Be Consistent With Eating

- Try to eat something every 3-4 hours

8. Eat the Rainbow

- Different color fruits and veggies mean different vitamins and minerals
- These vitamins and minerals help to increase energy levels, fight inflammation and improve recovery after practices!

9. Incorporate Omega 3s Throughout The Day

- Omega 3s fight inflammation & decrease recovery time after workouts
- Good Sources: almonds, walnuts, pecans, chia seeds, flax seeds, wild caught salmon

10. Adequate Sleep

- Hormones reset & muscle recovery happens at night
- Goal: 8-9 hours per night!

Nutrition 101: All About Macronutrients

1. **Carbohydrates** are our body's main source of fuel; spares protein from being used as energy and aids with the oxidation (breakdown) of fat. *Carbohydrates should comprise about 40% of our diet.*
 - **Fiber** is a non-digestible carbohydrate, delays glucose absorption, helps you stay full, decreases cholesterol levels, and aids with reducing triglyceride levels. Fiber is found in fruits, veggies and whole grains.
 - **Glycemic index (GI)** tells us how fast our blood sugar will rise after eating a food (stick with low glycemic foods index foods). GI indicates how much of an insulin response are body will have to produce to breakdown what we just ate. Remember, insulin response is an inflammatory response. After your exercise is the best time to have any higher glycemic foods.
 - Limit the fruit to 2-3 servings a day. Stick to low glycemic fruits such as all berries, apples, pears, peaches and nectarines.
 - Try to avoid the excess use of *artificial sweeteners*. Studies show an increase in weight gain, body fat, and calorie/carbohydrate intake with high levels of artificial sweeteners. The also cause increased "sugar cravings." Stevia is a more natural form of a non-calorie sweetener and is made from a plant.
 - What about the different types of sugar? Agave, honey, raw sugar, sugar cane, dextrose, maltose.... Sugar is sugar in our body and it all goes through our lymphatic system and is an inflammatory response.
 - Sources: starches (bread, pasta, **rice, quinoa**, beans, **oatmeal, steel cut oats**), starchy veggies (potatoes, **butternut squash, sweet potato**, peas, corn), fruit, juices, dairy
2. **Protein** is made from amino acids that provides our body's structure, regulates body function, components of enzymes, immune system health, and aids hormone regulation. *Protein should comprise about 30% of our diet.*
 - **Essential amino acids** can't be synthesized by the body therefore we need to obtain these proteins from food sources (**eggs** contains all essential amino acids). **Complementary proteins** are two or more foods that when are eaten together they provide all essential amino acids (ie: legumes & rice, mushrooms & broccoli).
 - **Conditionally essential amino acids** are amino acids that our body can make the precursors but under some conditions we can't make enough (ie: glutamine and arginine during stress).
 - **Sources:**

- **Lean Meats (mostly):** fish, chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carb and protein), turkey
 - **Medium Fat Meats (moderation):** cheese (cottage and grated parm) chicken (dark meat no skin), eggs
 - **High Fat Meats (rarely):** full-fat dairy, red meats, bacon, most cheese, pork, ribs,
3. **Fat** is a component of our membranes particularly in the brain and nervous system, aides in the absorption of fat-soluble vitamins and is used as a source of energy. WE NEED FAT. Healthy sources of fat from nuts and seeds should comprise of about 30% of our diet.
- **Increase Omega 3 intake** (sources: salmon, herring, canola oil, olive oil, flaxseeds, **chia seeds**, some eggs are fortified, **supplements**). Omega 3 supplements are recommended to ensure that you are consuming adequate amounts of DHA and EPA.
 - **Sources:** fats, meats, dairy, nuts/ nut butters, avocado, olives, butter, cream, coconut milk

ReShape Your Plate

1. Drink Up

- Hydration is extremely important, and your choice of fluids can make or break you
- Focus on WATER!
- Cut back on the sugar sweetened beverages (soda, juice, sweet tea)

2. Make it Lean

- Choose lean meats such as chicken, turkey and fish
- Watch out for the added fat when cooking (grill, bake, or broil)
- Beware of whole milk and dairy products, they can provide excess saturated fat and calories

3. Load up on the WHOLE foods

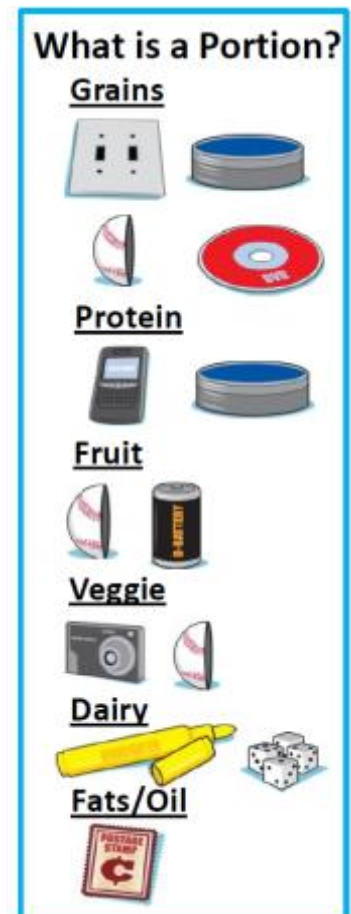
- Whole grains, fruits and vegetables provide you with the fiber, vitamins and minerals that your body needs
- Fiber is plays many different roles in the body to help you stay full, keep your regular and aides in lowering cholesterol levels

4. Cut back on the SUGAR

- Causes an inflammatory response
- Beware of hidden source of sugar in juices, granola bars and processed foods
- Read the ingredients label. If sugar is in the top 2-3 items listed, put it back!

5. Limit the processed junk!

- Try to shop the perimeter if the grocery store of 90% of your groceries
- Look at the ingredients label, if you can't read what's in it, put it



down

Sample Menu:

	Day 1	Day 2	Day 3	Day 4
<p>Breakfast: Source of protein, carbohydrates, fruit & healthy fat</p>	<ul style="list-style-type: none"> Canadian Bacon, egg & cheese on sandwich thin Peach Glass of Milk 	<ul style="list-style-type: none"> Smoothie: ½-1 cup Greek yogurt, 2 T peanut butter, 1 cup milk/almond milk, 1 cup berries 	<ul style="list-style-type: none"> 1-2 eggs scrambled with veggies apple with 1 T almond or peanut butter Glass of Milk 	<ul style="list-style-type: none"> 2/3-1 cup Amish Oatmeal (Recipe on website) Top with 1-2 T almond slivers & 2 T berries
<p>Snack: Source of carbohydrate, protein and fat</p>	<ul style="list-style-type: none"> Apple with 1 T peanut butter 	<ul style="list-style-type: none"> Low sugar Kind Bar 	<ul style="list-style-type: none"> Greek yogurt with 1 T of almond slivers or granola 	<ul style="list-style-type: none"> Hard boiled egg Peach
<p>Lunch: Protein sandwich on high fiber bread, veggies, carb or fruit</p>	<ul style="list-style-type: none"> Turkey Sandwich (wheat bread-Arnold's sandwich thins) Carrot sticks with 3 T hummus Greek yogurt with 1 T granola 8 ounces water 	<ul style="list-style-type: none"> Ham & Cheese Sandwich (wheat bread-Arnold's sandwich thins) Cucumber slices ¼ cup mixed nuts Apple 8 ounces water 	<ul style="list-style-type: none"> Chicken Sandwich (wheat bread-Arnold's sandwich thins) Slices peppers ¼ cup roasted almonds 1 cup berries 8 ounces water 	<ul style="list-style-type: none"> Turkey and hummus roll ups Pita chips Greek Yogurt with 1 T granola 8 ounces water
<p>Snack (Before Practice): source of higher glycemic carbs and protein</p>	<ul style="list-style-type: none"> RX Bar 8 ounces water <p>Try coconut water during practice!</p>	<ul style="list-style-type: none"> 1 cup greek yogurt <p>Try coconut water during practice!</p>	<ul style="list-style-type: none"> Applesauce or fruit puree pouch (2-3) Turkey roll ups <p>Try coconut water during practice!</p>	<ul style="list-style-type: none"> ½ Smoothie (1/2 cup Greek yogurt, almond milk, 1 cup berries)
<p>During the Workout: ideally liquid carbohydrates for quick source of energy</p>	<ul style="list-style-type: none"> Fruit Buddy Coconut water 	<ul style="list-style-type: none"> Apple sauce Coconut water 	<ul style="list-style-type: none"> Fruit buddy ¼ strength gatorade 	<ul style="list-style-type: none"> Banana water
<p>Dinner: Lean meat, plant based source of fat, non-starchy veggies and a low glycemic starch</p>	<ul style="list-style-type: none"> 3-5 ounces grilled chicken with avocado ½ -2/3 cup sweet potato ½-1 cup green beans 	<ul style="list-style-type: none"> 1-2 Meatloaf Muffins (Recipe on website) ½ -2/3 cup oven roasted potatoes ½ -1 cup carrots 	<ul style="list-style-type: none"> 1-2 cups spaghetti squash 1/3-1/2 cup pasta sauce (with veggies) 3-5 ounces ground turkey kale chips (recipe on website) 	<ul style="list-style-type: none"> 4-5 ounces teriyaki baked salmon (recipe on the website) ½-2/3 cup quinoa 1/2 - 1 cup roasted broccoli

*** Portion sizes of all the foods listed is cooked.***

Recipes found at: www.healthystepsnutrition.com/healthy-recipes

Would you like more individualized meal planning and help dialing in your child's nutrition?

Set up an appointment with us today!

Website: www.healthystepsnutrition.com

Phone: 954-592-4484

Email: Nicole@healthystepsnutrition.com



Our Programs:

- Nutrition Counseling
- Individualized Meal Plans
- Sports Nutrition
- Personal Training
- Corporate Wellness
- Kids Nutrition & Fit Camp
- Bootcamp