

Alamo Volleyball

Nutrition Tip for the Week

Feb. 26, 2012

- ❖ Carbohydrates:
 - The main function is to provide energy to the body.
 - Any carbohydrate consumed will eventually break down into sugar, the easiest form of energy our body can absorb.
 - Important Functions: play an important role in the structure and function of our body's organs and nerve cells.

- ❖ How is this Important to m Health?
 - A diet containing an optimum level of carbohydrates may help prevent body fat accumulation. Basically eating the best carbohydrates to fuel before and after workouts can help maintain a desired performance body weight.
 - Starch and sugars provide readily accessible fuel for physical performance.
 - Dietary fiber, found in the form of a carbohydrate, helps keep the bowel functioning correctly.

- ❖ Best Advice:
 - A whole grain complex carbohydrate would be best to consume before a workout. The slow digestion of these carbohydrates allows for prolonged energy during sport performance.

- ❖ Association with Nutrition:
 - We all need to nourish our body with the best energy source possible. Carbohydrates will help us achieve optimal energy. As an athlete, excellent performance is expected at all times while on the court, why not give yourself the best fuel to reach your desired outcome? Help yourself out by eliminating worry of defeat, exhaustion, or injury by providing your diet with smart energy choices.

 - Great Choices:
 - Whole grain breads
 - Whole grain pastas
 - Whole grain cereals
 - Oatmeal
 - Granola Bars
 - Whole grain waffles/pancakes
 - Baked chips
 - Whole grain crackers

Beware of bleached/ processed grains

Helping you achieve greatness this week with: CARBOHYDRATES!

- Priscilla Reyna
Nutrition Consultant
priscilla.reyna@velocitysp.com

Alamo Volleyball
Nutrition Tip for the Week
Feb. 26, 2012

Fun Ingredient for the week:

Oats

- Great source for a complex carb.
- Great source of fiber.
- Excellent source for muscle energy

Quick Recipe:

- ❖ Breakfast option:
- ✓ Instant or Slow cooked Oatmeal
 - Optional Additions:
 - Milk
 - Chopped fruits
 - Ground cinnamon
 - Brown sugar
 - Honey
- ✓ No-Bake Oatmeal Energy Bars with Cherries and Almonds

These are also delicious with 1/2 cup miniature semisweet chocolate chips in place of the nuts or fruit.

2 and 1/2 cups old-fashioned oatmeal, uncooked

1/2 cup toasted wheat germ (e.g. Kretschmer's)

1/2 cup dried nonfat milk powder

1/2 cup dried cherries, blueberries, or other dried fruit, coarsely chopped

1/2 cup lightly salted roasted almonds (or other roasted or toasted nuts or seeds)

1 cup natural-style nut or seed butter (e.g., peanut, cashew, almond, or tahini)
3/4 cup honey

1/3 cup dark molasses (not blackstrap)

1 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

1/8 teaspoon salt

Line a 9x9-inch square metal baking pan foil; spray with nonstick cooking spray.

In a medium bowl mix the oatmeal, wheat germ, milk powder, dried fruit and nuts; set aside.

Place the nut butter, honey and molasses in a large heavy saucepan. Cook and stir over medium heat until bubbly, melted and smooth, about 1-2 minutes. Remove from heat and stir in the vanilla, cinnamon and salt. Mix in the cereal mixture (mix until well blended and all of the oat mixture is coated).

Transfer mixture to prepared pan. Using a large square of wax paper or foil, very firmly press mixture down into pan to compact.

Cool completely. Remove bars using foil overhang and then cut into 16 bars or squares. Tightly wrap each bar in plastic wrap. Store the wrapped bars in a plastic zip-top bag in the refrigerator. Makes 16 servings.

Nutrition per Serving (1 bar):
Calories 234; Protein 8.4g;
Carbohydrate 34.8g; Sodium
93.2mg.

From: enlightenedcooking.com