



## CRESPI CARMELITE HIGH SCHOOL NUTRITION PLAYBOOK

### ***Fuel Up!***

*Eat Better, Feel Better & Perform Better*

The goal of the “*Fuel Up*” program is to boost academic, athletic and life-long performance by educating our Crespi community about nutrition and encouraging the adoption of healthier eating habits.

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# Table of Contents

## **Introduction**

- Food as Raw Materials
- The 3 Roadblocks

## **The Truth**

- Self-Control
- Knowledge

## **Fueling Guidelines**

- Carbohydrates, Proteins & Fats
- Determining Needs
- Hydration
- Supplements

## **Meal Samples**

- Easy, Moderate & Hard Training Days
- Three Options - Meals & Snacks

## **The Wrap Up**

- Parent Involvement
- Final advice

# INTRODUCTION

The average high school student has a hectic schedule, possess an aversion to breakfast, and combine socializing with eating junk food. They inhabit bodies that are rapidly changing, and they tend not to take responsibility for their food choices. They may want to be the best they can be as a student and in their sports and activities, but they struggle with embracing good nutritional choices.



The available research on nutrition for high school students supports a meal plan that incorporates eating multiple times a day and balancing macronutrients (carbohydrates, proteins and fats) to maintain performance. Optimal nutrition involves eating foods that provide the human body with the right balance of energy, vitamins, minerals and fluid. The human body is an amazing machine that allows us to perform at our peak when we *fuel* it correctly.

Food provides all student with the raw materials for building new muscle, providing energy for school, practice and competition, aiding recovery from training and competition, and sustaining mental focus. As with all foods, the amount of *processing* a food goes through from its original organic form determines its nutritional value. Some foods are stripped of many beneficial vitamins and minerals during processing and some foods are injected with substances or chemicals that are unnatural. Therefore, ingesting *real* foods that have had minimal processing is best.

In terms of nutrition, there are three general roadblocks that high school students face. The first is getting them to eat a **quality breakfast**. Skipping breakfast can result in fatigue, muscle loss and lack of focus. Just because it is the most important meal of the day doesn't mean it has to be the most complicated. There are tons of quick balanced options that will keep students energized and their muscle tissue intact. The second is getting students to **snack throughout the day**. Healthy snacks should include carbohydrates/fats for energy and protein for repairing muscles and keeping them full. Since time is limited between classes, snacks should be easy to store in lockers or backpacks. The third is accepting that **not all choices will be "healthy"**. Creating all or nothing rules sets students up for failure and increases the likelihood of binge eating. I recommend the "80/20 rule" where students focus on high performance foods 80 percent of the time, 20 percent is left for eating "cheat" foods. The right balance of nutrients requires learning some nutrition basics, understanding how it applies to daily activities including school and sports, and putting the knowledge into action.

# THE TRUTH

MOST people want to feel and look better, but MOST do not make the commitment or stay consistent to make any significant improvement. This is a fact considering the increase in obesity rates found across the world. If you are considering making a significant impact not just on yourself, but your family, friends, teammates, and others you surround yourself with, you have to know and understand healthy nutrition is not a diet, it is a lifestyle. Your success in building and maintaining a healthy lifestyle depends on your ability to build up your **SELF-DISCIPLINE** and increase your **KNOWLEDGE** of proper nutrition. With higher levels of self-discipline and knowledge, you will have more power to resist short-term temptations in favor of long-term payoffs.

Self-discipline can also be referred to as willpower or self-control. It has been said that **self-discipline is human's greatest strength**. We sometimes think of self-discipline as this heroic one-time thing that someone does, sprinting at the end of a race, getting thru long hours of studying, or resisting a single temptation... these make the best headlines or conversations, but true self-control is in longevity.... the day by day positive habits that takes discipline. Self-discipline is particularly helpful in school and work because successful students/workers rely on good habits. Study regularly everyday versus cram the night before. Once you expend the discipline to make good behaviors a habit, it becomes automatic. There is a link between external order and inner self-discipline. Orderly good habits can improve self-discipline in the long run by triggering *automatic mental responses* that don't require much energy.

The steps to improve self-discipline begins with setting goals. 1 Corinthians 9:26-27 says, *"Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified from the prize."* This scripture is describing the need to have goals in order to be successful. Healthy goals, such as a target body weight, body fat percentage, specific time to finish a race or drinking a specific amount of water throughout the day should have a specific number attached to it. If not, it is like a "boxer beating the air." **Goals should be broken down to short-term and long-term or process goals and outcome goals. The short-term or process goals allow you to focus on the day to day steps you take to modify behaviors necessary to achieve the long-term or outcome goals.**

Once short- and long-term goals have been established, the focus should be on the short-term, day to day routines that are necessary to build good habits. It is the buildup of good behaviors and routines that builds discipline. Examples of some short-term goals/routines:

- have groceries available at home for daily/weekly meal prep
- have access to a water-filling station while at school/work
- eat healthy snack every day at 9:30am
- drink 100 oz of water a day
- eat whole wheat versions of pasta/breads
- blend a protein shake every MWF night

Increasing your **KNOWLEDGE** of nutrition can be tricky. We are inundated with information regarding nutrition, diets and supplements and much of it is false or misleading. It seems there is a new advertisement every few months with a breakthrough diet that promises to get you to “lose weight and feel energized”. The main problem with a “diet” is they are often temporary. Someone may go on a specific diet and lose weight only to put that weight back on later. The correct way to be healthy in terms of body weight, body composition and energy levels is to have a permanent lifestyle of eating healthy. This requires you to have the required knowledge to make wise choices. My advice to everyone is to read basic nutrition information, not just specific dieting plans. **Your ability to recognize healthy foods from unhealthy foods and understanding how to have a variety of different foods are two of the most important components of nutrition knowledge.**

Another important component of nutrition is *how much* food you should be ingesting. This amount should be based on your goal weight and energy needs. A 14-year old freshman in high school that wants to gain lean body weight while participating in multiple or a single sport has different needs than a 48-year old parent who is trying to lose weight and get to the gym 2-3 days a week. There are different ways to monitor the amount of food and drink ingested. The most common methods are counting calories, counting macro grams and measuring body weight. Whichever method(s) you use, it should be convenient and repeatable so you can easily monitor yourself.

Overtime, there should be no need to be so meticulous measuring the amount of food and drink you ingest. Just like building self-discipline, the quality and amount of food and drink you consume will be easier to manage... it will become more “automatic”. Through your knowledge of nutrition, energy needs, grocery shopping, meal prepping, etc., you will be able to make knowledgeable decisions regarding nutrition.

### **This nutrition playbook will:**

- guide you through the basics of nutrition
- give you fueling guidelines based on your activity level
- provide sample meals
- clarify information regarding supplements
- explain the importance of hydration
- provide helpful tips to increase the opportunity for success

If you have specific questions or comments regarding the information in this document feel free to contact me by email at [jgarner@crespi.org](mailto:jgarner@crespi.org)

# FUELING GUIDELINES

## Macronutrient #1: CARBOHYDRATES

Carbohydrates provide 4 calories per gram and are the **primary fuel source for academic and athletic performance**. Carbohydrates are stored in the body (muscles and liver) and are gradually used up during the day at school, practice and competition. Long days, endurance training, back-to-back competitions and heavy resistance training all rely on carbohydrates to fuel hard working muscles. Students that lack sufficient carbohydrates feel fatigued, irritable and lack concentration. To ensure adequate carbohydrate intake, the recommendation for students is approximately 2-5 grams of carbohydrate per pound (lb) of body weight. The range depends on your goals and daily activity levels.

To determine a range of your carbohydrate (CARB) needs **in grams**:

A) Body weight: \_\_\_\_\_ lbs x 2-4 grams = \_\_\_\_\_ - \_\_\_\_\_ grams of CARB per day

*Example: Bodyweight 175 lbs x 2-4 grams = 350 – 700 grams of CARB per day*

To determine a range of your carbohydrate needs **in calories**:

B) Grams of CARB per day \_\_\_\_\_ - \_\_\_\_\_ x 4 calories = \_\_\_\_\_ - \_\_\_\_\_ calories of CARB per day

*Example: Grams of CARB per day 350 – 700 x 4 calories = 1,400 – 2,800 calories of CARB per day*

Common carbohydrates include bread, pasta, potato, grains, vegetables & fruit. In terms of bread, pasta and grains, multigrain bread, wheat pasta and brown/wild grains are best.

In terms of vegetables & fruit you really can't go wrong. Unfortunately, this is an area most people lack calories. Vegetables and fruits are not only a great source of carbohydrates, they are filled with important vitamins, minerals, water and fiber. The best way to get more vegetables in the diet is to be creative in their preparation so they taste better. For example, baking vegetables in the oven prepared with olive oil and lemon salt and pepper is more pleasing for most people.

The worst carbohydrates are crackers, cookies, chips, pastries, donuts, fruit juices, sweet teas and sports drinks. All of these products have high amounts of saturated fat and/or high amounts of sugar. **These items are responsible for most of the body composition issues people face. Excessive mass in the form of body fat limits performance.**



## Macronutrient #2: PROTEINS

Protein provides 4 calories per gram and are the **essential for building and repairing muscle tissue**. When you pair a lean protein source with high quality carbohydrates and small dose of healthy fat, your body can maximize lean muscle mass gains. Timing is everything to maximize muscle protein synthesis. Protein must be consumed very close to your strength training sessions. Consuming approximately 25 grams of protein within 30 minutes of finishing your workout is optimal. To ensure adequate protein intake, the recommendation for students is approximately 0.7-1.0 gram of protein per pound (lb) of body weight. The range depends on your goals and daily activity levels.

To determine a range of your protein (PRO) needs **in grams**:

A) Body weight: \_\_\_\_\_ lbs x 0.5-1.0 grams = \_\_\_\_\_ - \_\_\_\_\_ grams of protein per day

*Example: Bodyweight 175 lbs x 0.5-1.0 grams = 87.5 – 175 grams of PRO per day*

To determine a range of your protein needs **in calories**:

B) Grams of PRO per day \_\_\_\_\_ - \_\_\_\_\_ x 4 calories = \_\_\_\_\_ - \_\_\_\_\_ calories of PRO per day

*Example: Grams of PRO per day 87.5 – 175 x 4 calories = 350 – 700 calories of PRO per day*

Common proteins include meat, poultry, fish, beans/legumes, eggs, dairy, nuts & seeds. After training and competition, the body should be refueled properly to restore glycogen stores and introduce proteins to help muscle tissue to recover and build. A common source to aid in recovery is chocolate milk. With an approximate 3:1 ratio of carbs to protein, it is an excellent choice. When it comes to protein meat choices, the important factor is limiting saturated fat. Leaner protein sources are best.

## LEAN PROTEIN

### PROTEIN

#### + PROS

- Builds, maintains, and restores muscles

#### - CONS

- Must be consumed with **carbs** to provide the body with energy. Otherwise the body will tap into protein for energy

- Some animal protein contain high amount of saturated fats

#### IDEAL SOURCES

- Fish
- chicken breast (skinless)
- Turkey
- Lean meats
- Beans
- Lentils
- Soybeans
- Cottage cheese
- Egg whites
- Greek yogurt

**TIPS** For optimal health, spread your protein intake throughout the day.



VINCHAY FIT  
CARDS

Protein powders are utilized by many students to aid in recovery and promote healthy weight gain. There are several types and brands to choose from, which can be confusing. Two of the most common types are whey and casein protein powders. Both are derived from milk, but the difference is whey protein will be absorbed faster which is why this is a great choice immediately following a training session. Casein protein is absorbed at a slower rate which is why this is a great choice as a snack before bedtime. Gold Standard brand is a great choice and is available at most health food stores and Costco. Supplements will also be discussed later in this paper. **Important to note, choose whole food sources of protein over supplements.**

### Macronutrient #3: FATS

Fats provides 9 calories per gram and are **important for cardiovascular health, brain health, maintain healthy metabolism, immunity, a source of energy for prolonged low-moderate exercise.** Fats can be split into two general categories, saturated (bad) and unsaturated (good). The bad saturated fats are found in fried foods, low standard meats and dessert foods like cookies and pastries. Most of the good fats (omega-3 and omega-6) are found in plant-based foods, such as, healthy cooking oils (coconut and olive) olives, avocados and most nuts/seeds. Healthy fish, such as, salmon and tuna are great choices of healthy fats and are a great source of protein. To ensure adequate fat intake, the recommendation for students is approximately 0.25-0.5 grams of fat per pound (lb) of body weight. The range depends on your goals and daily activity levels.

To determine a range of your fat needs **in grams**:

A) Body weight: \_\_\_\_\_ lbs x 0.25-0.5 grams = \_\_\_\_\_ - \_\_\_\_\_ grams of fat per day

*Example: Bodyweight 175 lbs x 0.25-0.5 grams = 43.75 – 87.5 grams of FAT per day*

To determine a range of your fat needs **in calories**:

B) Grams of FAT per day \_\_\_\_\_ - \_\_\_\_\_ x 9 calories = \_\_\_\_\_ - \_\_\_\_\_ calories of FAT per day

*Example: Grams of FAT per day 43.75 – 87.5 x 9 calories = 393.75 – 787.5 calories of FAT per day*

High quality sources of dietary fat are essential in a performance-based diet. Fats are essential nutrients for maintaining healthy hormone levels and have been associated with improved body composition. Prioritize plant-based fats such as avocado, almonds, walnuts, sunflower seeds, olive oil and nut butters. The healthy fats have been shown to reduce muscular pain and inflammation which makes them a great choice for students to promote recovery from training and competition. **It is important to note that fats carry 9 calories per gram compared to 4 calories per gram from carbohydrates and proteins. Therefore, fat calories can add up quickly if you not careful regarding portion size.**





## Determining Total Gram & Calories Needs

Everyone should seek their optimal weight. Optimal weight is a very specific weight range that takes into account health and performance. A student who lacks regular physical fitness should have a *different* optimal weight compared to a cross country runner or football lineman. Most people are looking to either gain or lose weight. The student-athletes I work with are checked weekly or monthly and fall into one of three categories:

- 1) GAINERS - looking to gain weight
- 2) REDUCERS - looking to lose weight.
- 3) MAINTAINERS - stay in narrow weight range

Look back on the previous pages where you determined your carbohydrate, protein and fat needs in calories. Fill in the blanks to determine your total individual calorie needs.

*Example from previous pages using 175lb student-athlete:*

*Carbohydrate Grams: 350 – 700 grams*

*Protein Grams: 87.5 – 175 grams*

*Fat Grams: 43.75 – 87.5 grams*

**TOTAL GRAM RANGE: 481 – 962.5 GRAMS**

*Carbohydrate Calories: 1400 – 2800 calories*

*Protein Calories: 350 – 700 calories*

*Fat Calories: 395 – 785 calories*

**TOTAL CALORIE RANGE: 2,145 – 4,285 CALORIES**

The two totals that you get by adding the totals is your estimated gram/calorie needs for the day. The lower number should be used when your training is light (off days from the weight room or no practice). The higher number should be used when your training is hard (weight training and practice/competition).

It is best to split your energy needs into 6 fueling opportunities (3 meals and 3 snacks) per day to maintain energy levels and metabolism. **NEVER skip meals.** To maintain focus and energy it is important to eat throughout the day. The goal should be to fuel your body every 2-4 hours. For example:

7:00am Breakfast  
9:30am Snack  
11:30am Lunch  
2:30pm Snack  
6:30pm Dinner  
9:30pm Snack

### Fit Tip:

**Do NOT skip meals!**

When you skip meals your metabolism slows down and you're not burning calories like you should.

Your body thinks that you're starving so when you eat again, your body stores away more than usual resulting in more fat!

## Serving Size

To figure out the number of calories you need to ingest and measuring your food to have the exact calorie content can be a time consuming and daunting task. There are benefits to understanding calories from food for your general nutrition knowledge, but there is a far easier method to gauge serving size. The most common method is the use of your hand. The illustration (“Helping Hands”) below can help you gauge serving size for your macronutrients as well as the added cooking ingredients. As an example, if you are looking to get 6-8 ounces of lean protein at lunch that would be equivalent to two “palms”. If you are looking for a half a cup of almonds and blueberries as a snack, that is equivalent to one cupped hand.



Taking the time to figure out your daily meal requirements in terms of calories and/or grams, weighing or measuring your food at each meal is great to have a clear picture of how much to eat, but is incredibly difficult to maintain over time. The most basic and the most user-friendly method of determining portions of food on a daily basis is to use My Plate. My Plate is the most current USDA recommendation for knowing the correct macronutrient portions. Simply prepare your plate using the illustration below. This same method is used later in this paper in the meal sample section.



## Hydration Habits

Water serves several vital functions in the body. It is the major component of blood and transports nutrients to your working muscles. Water also aids to lubricate joints and keeps the body from overheating by regulating body temperature. About 70% of your body is made out of water, including muscles, blood, brain and organs. When these organs do not have enough water, you can't think clearly, your endurance and strength declines, and performance suffers. **As little as 1-2% loss in body water can decrease performance by 10%!**

Depending on climate, physiological differences and equipment worn, fluid needs can vary between student-athletes. There are several methods for determining how much water student-athletes should consume throughout the day. For example, one method is taking your bodyweight and dividing by two (175lb / 2 = 87.5oz). **In general, student-athletes should aim for ½ gallon (64oz) to 1 gallon (128oz) of water a day.** The most important thing to do is drink consistently throughout the day. Here are some hydration goals:

1. Drink a large glass of water (8oz) first thing in the morning. ----- 8oz
2. By lunch time, refill a 32oz bottle you carry around with you. ----- 32oz
3. By dinner time, refill a 32oz bottle again. ----- 32oz
4. Drink a large glass of water (16oz) before going to bed. ----- 16oz

TOTAL ----- 88oz

Another consideration to take into account is your *sweat rate*. When students train, practice or compete the amount of sweating that occurs needs to be replaced. The only way to track sweat rate is to weigh in before and after training, practice or competitions. For every 1 lb lost, replace with 16-24oz of water. Weight lost during training, practice or competitions is not fat weight, it's water. Replace water as quickly as possible, minimize weight loss by drinking more during activity and at every break in action.

**Sports drinks are not necessary in every situation.** Gatorade and/or Powerade is essentially water with added fructose corn syrup and some electrolytes. High fructose corn syrup is a carbohydrate (sugar). Drinking a sports drink with lunch is not a good idea. The use of sport drinks becomes valuable when training for over an hour and/or is in hot and humid weather when a student has lost sufficient amounts of fluid and electrolytes through sweat.

Avoid caffeine beverages since they can contribute to further dehydration. Remember that thirst is not a reliable indicator of hydration status. A simple way to know if you are hydrated is by observing the color of your urine. Here is a chart to help.

*This Urine Colour Chart has been adapted from Armstrong 2000*

<b>1</b>	HYDRATED
<b>2</b>	HYDRATED
<b>3</b>	HYDRATED
<b>4</b>	DEHYDRATED
<b>5</b>	DEHYDRATED
<b>6</b>	DEHYDRATED
<b>7</b>	SEVERELY DEHYDRATED
<b>8</b>	SEVERELY DEHYDRATED

## Supplements

The world of supplements, such as protein powders, creatine and the infinite number of weight loss or weight management pills is a billion-dollar industry. Everyone taking or considering taking a supplement should know that supplements are NOT regulated by the FDA. Therefore, there is no guarantee of quality, whether it is “clean” of impurities, meets label claims, what exactly the supplement contains, and whether or not it actually works. This requires you as the consumer to educate yourself about any and all products you may decide to consume. Now, there are good and safe supplements to take, **but most importantly when it comes to your diet, do not skip meals and eat real whole foods.**

Here are a couple of great quotes when considering diet and supplements:

*“High school, college and professional athletes don’t become great because of supplements.”*

*“Supplements are useless when an individual is not eating enough calories and/or the quality of calories is poor.”*

*“No amount of training can overcome deficiencies in nutrition.”*

*“You can’t out train a bad diet.”*

The decision to purchase and take supplements should be carefully considered. To assist individuals wishing to make an informed decision the following websites offer information about the majority of supplements on the market.

<http://www.nsf.org/>

<http://examine.com/store/reference/>

<http://informed-choice.org/>

<https://www.consumerlab.com/>

The only supplement that I would recommend for the high school student wishing to gain weight is Gold Standard Whey Protein. This product is one of the top-rated protein powders, it is cost effective, and it is easily available at Costco and other groceries stores. Mixing a scoop of this protein powder in a blended shake with fruit, vegetables and other healthy items is a great way to get in extra calories in the morning and/or at night for those athletes looking to gain weight.



# MEAL SAMPLES

When it comes to high school students, the vast majority are looking to gain weight. To gain weight properly, students should be focusing on gaining lean muscle mass. **This will be accomplished by committing to a year-round strength training program, following a consistent nutrition plan, and providing enough rest and recovery.** In order to gain weight, you have to consume more calories than you burn off. Theoretically, this means eating an additional 500 calories per day to gain 1 pound per week. Some students who are “hard gainers” will have to eat more than that.

To take in extra calories have an extra snack, such as a peanut butter and banana sandwich with a glass of milk before bed or eat larger than normal portions at your meals (have seconds).

The meal samples are split into easy training, moderate training and hard training days. Utilizing the picture of a plate is a great way to objectively view the plate of food to see if the portions of each macronutrients are being met based on the student’s goal and level of activity.

## Sample #1: Easy Training Day

Emphasis on this day is a consistent amount of protein, limiting some of the whole grains and increasing fruits and vegetables.



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.  
*For educational use only. Print and use front and back as 1 handout.*

### Sample #2: Moderate Training Day

Emphasis on this day is a consistent amount of protein and balancing the whole grains and fruits and vegetables.

# ATHLETE'S PLATE



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### Sample #3: Hard Training Day

Emphasis on this day is a consistent amount of protein, increasing the whole grains and limiting fruits and vegetables.

# ATHLETE'S PLATE



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.  
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Breakfast 1	Breakfast 2	Breakfast 3
<b>BULKERS OMLETTE</b>  2-3 whole eggs 2-3 egg whites 2-3 strips of turkey bacon 1 serving fruit 1 cup of oatmeal or cream of wheat 1-2 fish oil pills	<b>MUSCLE SANDWICH</b> 1-2 lean beef, bison, chicken or turkey burgers 2-4 multi grain toast 1 serving fruit 1-2 fish oil pills	<b>SUPER SHAKE</b>  1 cup green tea or water 1-2 scoops protein 1 cup frozen berries 1 tbsp mixed nuts 1 tbsp ground flax 1/2 cup fat free yogurt

School Snack 1	School Snack 2	School Snack 3
<b>BRAIN SNACK</b> 1-2 handfuls of raw nuts 1-2 handfuls of dried fruit	<b>POWER SNACK</b> 1-2 tablespoons organic peanut or almond butter 1-2 apples or pears 2-4 oz beef or turkey jerky	<b>ENERGY SNACK</b> 1 cup yogurt 1 scoop protein powder 1-2 servings fruit 1-2 cups cereal or granola

Lunch 1	Lunch 2	Lunch 3
4-6oz beef, chicken, turkey or fish 1 bowl whole wheat pasta small bag w carrots or sweet peppers	4-6oz beef, chicken, turkey or fish 1 cup brown rice 1/3 cup black beans onions & peppers avocado *chipotle burrito bowl	4-6oz beef, chicken, turkey or fish multi grain bread or wrap 1 piece fruit skim milk cheese stick

Dinner 1	Dinner 2	Dinner 3
4-6oz beef, chicken, turkey or fish 1 sweet Potato Big healthy salad vinaigrette dressing 1 tbsp flax meal	4-6oz beef, chicken, turkey or fish whole wheat pasta Big healthy salad vinaigrette dressing 1 tbsp flax meal	4-6oz beef, chicken, turkey or fish 1 cup brown rice Big healthy salad vinaigrette dressing 1 tbsp flax meal

Pre Bed	Pre Bed	Pre Bed
<b>WHOS NUTS SNACK</b> 2 Cups Almond or skim milk 1-2 scoops protein 1 tsp vanilla extract 1 tbsp Nutella	<b>POWER PUDDING SNACK</b> 1 cup cottage chees 1 scoop protein 1 tbsp organic peanut or almond butter	<b>RECOVERY SNACK</b> 1 cup yogurt 1 scoop protein powder 1-2 servings fruit 1 handful nuts

# THE WRAP UP

**It is essential to the success of all students who wish to commit to better nutrition that their parents buy in. The food choices that are available at home has a tremendous impact on achieving the nutrition goals.** Students should bring healthy food, snacks and water from home or make healthy choices at the school cafeteria.

*“Fuel Up”* is an opportunity for our community to build life-long habits that include optimal nutrition. This is best accomplished by a united effort including students, parents, and the school administration, faculty and staff.

Some final advice to parents:

- Be aware of what you have to offer at home. The cupboard or pantry is where most of the unhealthy foods sit (processed carbs, such as chips, crackers and cookies)
- Parents should lead by example
- Cook in bulk – MEAL PREP
- Make fruit, vegetables and nuts the snacks of choice
- Pay attention to serving sizes
- Make WATER the beverage of choice
- Spice it up! --- make vegetables taste good
- Eat vegetables first, before eating the other items on your plate
- Make healthy eating a natural process, not a big deal
- Eat SLOWER
- Check out the Sunday Celt Blast – W.O.W. (Wellness of the Week)
- Have a plan... whether its meal prepping as a family or making sure your son has money to purchase food from the cafeteria