

Be Smart
Eat Well
Move More!



The Flying Pig Kids Marathon Nutrition Challenge Coordinator Packet

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MARATHON, INC.

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Overview

Purpose

This guide provides important nutritional information for the coordinators of the Flying Pig Kids Marathon. Twenty nutrition tips and facts are presented in a fun and creative way to educate and engage children.

Participate

Each child participating in the marathon will be encouraged to complete four nutrition challenges while training for their final mile. The four challenges that are carried throughout the Flying Pig Kids Marathon are:



Rethink Your Drink!



Focus on Fruits and Veggies!



Go For the Whole Grain!



Get Calcium!



Hog Log Challenge

By providing the “snack-tivity” suggested with each tip, children can mark the category indicated on their Hog Log.

Each child will fill out a Hog Log verifying completion of the nutrition challenges. Challenges are meant to introduce good eating habits.

Pig-Out

There are “snack-tivities” included throughout the guide that are meant to familiarize children with healthy eating through simple, hands-on activities.



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Nutrition Tip #1

The 6 Essential Nutrients

Key Message:

As a child, you have many energy needs – energy to learn and focus in school, energy to grow and mature, and energy to support training for the Kids Marathon. Performing your best as an athlete isn't only about focusing on what to eat before, during, and after practice. What you eat day-to-day plays a much larger role in health and athletic performance.

Facts:

- Proper nutrition throughout the day, every day, does the following:
 - ~ Supports healthy growth and development so you can grow big and strong.
 - ~ Builds a strong immune system to keep you from getting sick.
 - ~ Helps you heal after getting injured.
 - ~ Allows you to perform your best in school and while running.
 - ~ Support the growth, development, and maintenance of muscles, bones, organs, skin, and blood.
- There are 6 essential nutrients that every child should eat each day. Throughout the training you'll learn more about each!

1. Carbohydrates

2. Protein

3. Fat

4. Minerals

5. Vitamins

6. Water

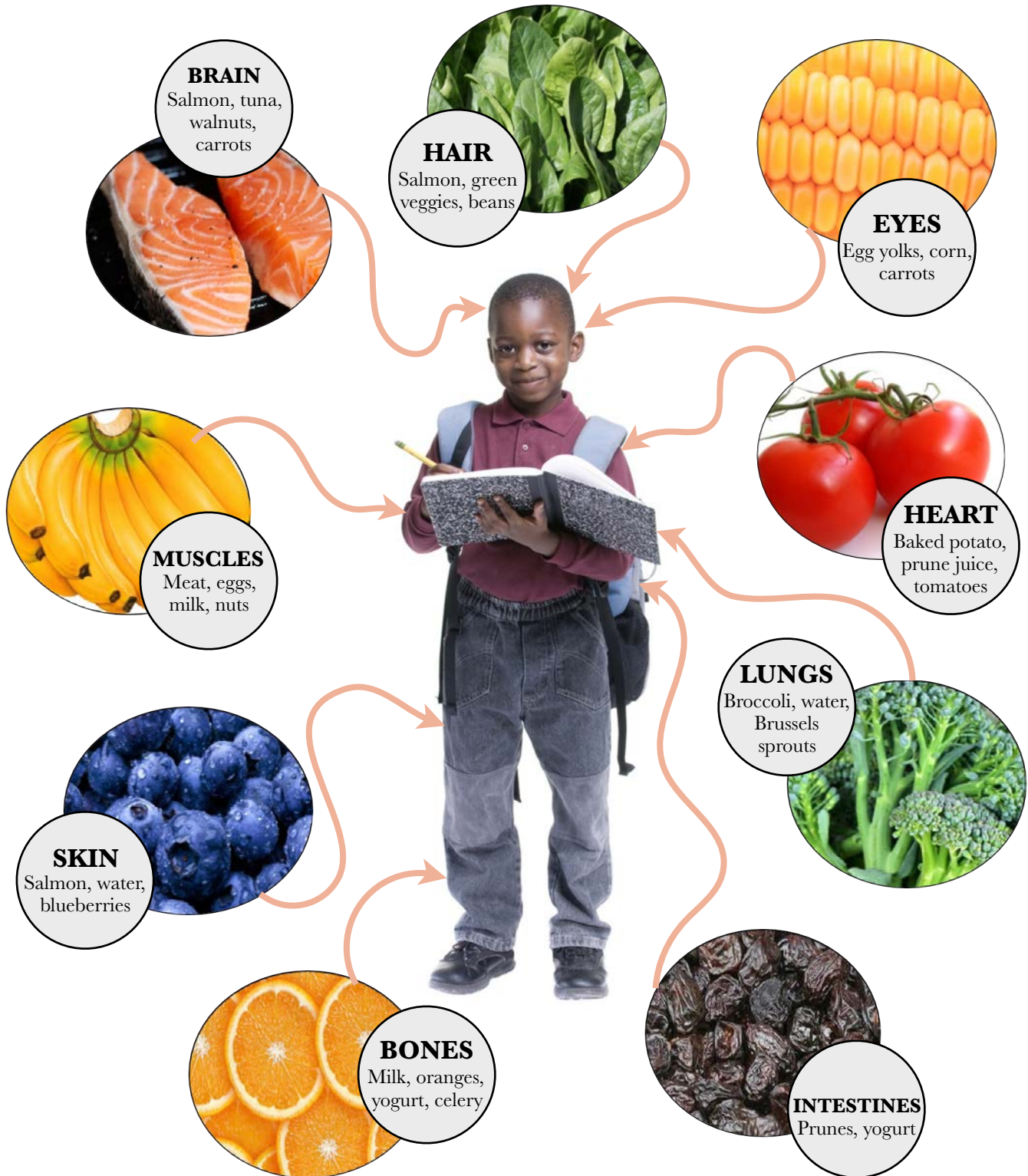
Coordinator Note:

Consider printing the following page to show the impact that proper nutrition has on a child's body!



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How Are Your Nutrition Choices Impacting You?



Nutrition Tip #2

The Power of Water

Key Message:

All people, especially athletes, need lots of water each day - it's the body's most important nutrient!

Facts:

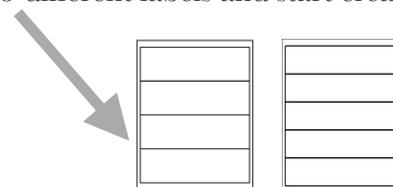
- Water transports nutrients throughout the body to keep it healthy.
- Water removes bad chemicals and toxins from the body.
- Water makes up saliva which helps to break down food.
- Water provides cushion for your joints.
- Working muscles generate heat, which raises body temperature. Water cools down the body in the form of sweat. If the fluid lost in sweat is not replaced, dehydration can occur.

Encourage children to bring a water bottle to school and drink it throughout the day. It is important to replenish the fluid lost in sweat, so encourage consuming water before, during, and after running as well.

Be a good role model - encourage all adults and volunteers to drink water, not soda.

Snack-tivity:

- Provide fun water bottles for children to use.
- Or, purchase bottled water and create your own unique label!
 - ~ Measure the diameter of your water bottle. Add an extra 1/4" to the length so the ends overlap.
 - ~ Depending on how wide you want your labels, use a word document to create 4-5 different labels and start creating a design!



**Hog Log
Challenge**

Rethink Your
Drink

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Nutrition Tip #3

Get a Clue on Carbohydrates!

Key Message:

Carbohydrates that we eat are used by our bodies to provide energy.

Facts:

- Carbohydrates provide fuel for working muscles and your brain!
- Carbohydrates are broken down into two main categories:
 - ~ **Complex carbohydrates** provide energy and a variety of vitamins and minerals. Complex carbs are found in bread, cereal, rice, pasta, beans, corn, potatoes, and vegetables.
 - ~ **Simple carbohydrates** provide quick energy. Some simple carbs (like fruit and milk) provide vitamins and minerals. Other simple carbs (like candy, desserts, and sugar-sweetened beverages) should be avoided because they don't contain important nutrients.



**Hog Log
Challenge**

Go For the
Whole Grain

Snack-tivity:

Sweet Potato & Black Bean Salad Makes 4-6 Servings

Ingredients:

2 medium sweet potatoes (peeled/cut)	2 Tbsp canola oil
1/2 tsp salt	2 scallions, finely chopped
1/2 tsp black pepper	1/2 cup corn
1 tsp honey	1 (15 oz) can black beans
Juice and zest of 2 limes	1/4 cup cilantro, finely chopped

Instructions:

1. Place potatoes in medium saucepan and cover with cold water. Bring to a boil and cook until just tender, about 6 minutes.
2. Drain and allow to cool.
3. In large bowl, whisk together lime juice, zest, salt, pepper, honey, and oil.
4. Add cooled potatoes, scallions, corn, beans, and cilantro. Toss gently.

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Nutrition Tip #4

The Facts About Fat

Key Message:

Fat is an important part of a healthy diet and is necessary to help your brain function properly. Some fats are better than others, and choosing the RIGHT fat is important.

Facts:

- Fats provide an abundance of fuel for the body.
- Fats help your body absorb many vitamins.
- There are 3 major types of fats:
 - ~ **Unsaturated fats:** these are the RIGHT fats! They are good for your heart. They are found in salmon, avocados, olives, walnuts, and olive oil.
 - ~ **Saturated fats:** these are the OKAY fats! They are found in meat products, butter, cheese, and milk. These are okay to eat in moderation.
 - ~ **Trans fats:** these are the BAD fats! They are not good for your heart. They are found in snack foods, baked goods, and fried foods.
- Aim to eat fats from lean meats like chicken and turkey, fish, and other heart-healthy foods like nuts, avocados, and olive oil.



**Hog Log
Challenge**

Focus on
Fruits and
Veggies

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Snack-tivity:

Ladybugs on a Stick

Makes 4 Servings

Ingredients:

1 ripe avocado, seeded, peeled, mashed 8 celery stalks, washed and trimmed

1/4 cup prepared salsa 12 small grape tomatoes, cut in half lengthwise

Instructions:

1. Stir the salsa into the mashed avocado to combine.
2. Carefully fill the hollow in each celery stalk with the guacamole.
3. Nestle 3 grape tomato halves into the guacamole on each celery stalk.

Nutrition Tip #5

Be a Protein Pro!

Key Message:

Protein builds, maintains, and replaces the tissues that make up your body.

Facts:

- When you eat foods that contain protein, your body breaks them down so they can help build muscles, bones, blood, and organs.
- In fact, your muscles, organs, and immune system are made up mostly of protein.
- Protein helps build your heart muscles!
- Protein is found in beef, poultry, fish, eggs, dairy, nuts, seeds, and beans.
- Protein is important for building muscle mass. More importantly, you must eat enough of ALL nutrients (carbohydrates and fat) to see any changes in muscle mass. Muscle-building is not done by only eating protein.

Hog Log Challenge

Get Calcium

Focus on Fruits
and Veggies

Snack-tivity:

Yogurt can be a quick, easy, and convenient protein option. In addition, it's high in calcium!

Yogurt on the Go

Makes 1 Serving

Ingredients:

3/4 cup light fruit-flavored yogurt

1 Tbsp raisins

1 Tbsp sunflower seeds

1/3 cup strawberries

Instructions:

1. Mix all ingredients in a plastic cup and serve!

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Nutrition Tip #6

How's Your Hydration?

Key Message:

There is no easier, simpler, or more effective way to improve performance and protect health than staying hydrated during exercise.

Facts:

- Water is the most important nutrient you can provide the body.
- It plays a key role in maintaining health and performance.
- When dehydrated, endurance and performance decrease. Dehydration means the amount of water in the body dropped too low for normal body functions.
- How much water is enough? See the chart below for the recommend amounts of fluid *per day*.

Dietary Reference Intakes for Water

	Males	Females
Ages 9-13	2.4 liters = 10 cups	2.1 liters = 9 cups
Ages 14-18	3.3 liters = 14 cups	2.3 liters = 10 cups

Snack-tivity:

Are you sick of plain water? Make your own flavored water! Fill a pitcher with fruit and water. Refrigerate for 2 hours prior and serve in ice-filled cups. Try some of these tasty combinations.

- 3 large oranges, sliced + 10 mint leaves + 1/2 gallon water
- 4 sliced strawberries + 8 cucumbers slices + 1/2 gallon water
- 1 cored pineapple + 1 carton of strawberries (sliced) + 1/2 gallon water
- 2 cups seedless watermelon + 10 basil leaves + 1/2 gallon water
- 1 large lemon, sliced + 1 large lime, sliced + 1 large orange, sliced + 1 large cucumber, sliced + 1/2 gallon water



**Hog Log
Challenge**

Rethink
Your Drink

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Nutrition Tip #7

Go For the Grains...Whole Grain!

Key Message:

Whole grains supply our bodies with energy and provide significantly more vitamins, minerals, and nutrients compared to their white-grain counterparts.

Brown rice > white rice

Whole grain bread > white bread

Whole grain pasta > white pasta

Choose a “winning” grain...go whole grain!

Facts:

Whole grains are high in nutrients such as:

- B vitamins like thiamin, riboflavin, niacin, and folate
 - ~ B vitamins provide energy you need for your workouts.
- Minerals like iron, magnesium, and selenium
 - ~ Minerals keep your bones and muscles strong, and keep you healthy all year long.

Snack-tivity:

Did you know Cheerios are a whole grain?! Try this tasty snack.

Power Pig Trail Mix

Makes 24 Servings (about 1/2 cup)

Ingredients:

4 cups mini pretzels	1 cup raisins
4 cups Cheerios®	1/2 cup dry roasted peanuts
2 cups dried pineapple	1/2 cup M&M®

Instructions:

1. Put all ingredients into a large bowl.
2. Stir gently to combine. Store in a sealed container until ready to serve.



Hog Log Challenge

Go For the Whole Grain

Focus on Fruits and Veggies

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Nutrition Tip #8

Focus on Fruits

Key Message:

Focus on fruits - they provide important vitamins, minerals, and nutrients that are KEY for peak performance. Potassium, vitamin C, and folate are just a few nutrients that are plentiful in fruits.

Facts:

- Potassium works with sodium to balance electrolytes in your body. It helps your heart beat normally and prevents muscles from cramping.
- Vitamin C boosts your immune system and keeps you healthy throughout the long training season!
- Folate (folic acid) increases energy and can reduce fatigue while running.

Snack-tivity:

Let's start simple! Provide a pre-run snack consisting of the following fruits:

- Banana - high in potassium
- Strawberries - high in vitamin C and folic acid
- Oranges - high in vitamin C and folic acid
- Add additional fruits as you wish!

Mix all fruits in a bowl for a tasty fruit salad, or serve separately and let children choose their favorite.

Teach children that it can take up to 10 tastings to enjoy a new food. If they don't enjoy some of the options you provided, encourage them to keep trying so they don't miss out on all the nutrition benefits!

Hog Log Challenge

Focus on Fruits and Veggies

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Nutrition Tip #9

Vegetables are Neat, They Make You Feel Good From Your Head to Your Feet

Key Message:

Vegetables are neat - they provide important vitamins, minerals, and nutrients that are KEY for peak performance. Just like fruits, vegetables are high in potassium, vitamin C, and folate, as well as vitamin A.

Facts:

- Potassium works with sodium to balance electrolytes in your body. It helps your heart beat normally and prevents muscles from cramping.
- Vitamin C boosts your immune system and keeps you healthy throughout the long training season!
- Folate (folic acid) increases energy and can reduce fatigue while running.
- Vitamin A is abundant in many vegetables, typically the ones that are most colorful! Vitamin A gives you healthy teeth, eyes, bones, and skin.

Snack-tivity:

Let's work on familiarizing children with different vegetables. Simply provide a pre-run snack consisting of the following vegetables:

- Carrots - high in potassium and vitamin A
- Broccoli - high in folic acid
- Bell peppers - high in vitamin C
- Add additional vegetables as you wish!

Serve with Greek yogurt dip or hummus. This gives children the ability to taste-test different vegetables they may not be familiar with.



Hog Log Challenge

Focus on Fruits and Veggies

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Nutrition Tip #10

Kick up the Calcium!

Key Message:

Calcium is the key to providing strong bones to withstand the long hours of practice, training, and completing the 26th mile.

Facts:

- Adolescence is a critical time for bone development. Throughout the teenage years, bones are growing longer and becoming stronger.
- The more calcium you feed your body, the stronger your bones will be, and strong bones should be a priority for all athletes!
- Dairy foods (milk, yogurt, cheese) are high in calcium. Even leafy greens like broccoli, kale, and collard greens have some calcium! Other sources include almonds, sesame seeds, figs, oranges, chickpeas, white beans, and red beans.



Hog Log Challenge

Get Calcium

Go For the Whole Grain

Focus on Fruits and Veggies

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Snack-tivity:

Try this yogurt combination for a quick calcium-packed snack.

Very Berry Yogurt Parfait

Makes 1 Serving

Ingredients:

1 container (6 oz) low-fat vanilla yogurt 1/4 cup sliced fresh strawberries

1/2 cup frozen, unsweetened blueberries

1 Tbsp low-fat granola

Instructions:

1. Spoon about 2 oz of yogurt into the bottom of a 9-ounce clear plastic cup.
2. Top with frozen berries. Cover with 2 oz of yogurt.
3. Add sliced strawberries and top with remaining 2 oz of yogurt.
4. Sprinkle low-fat granola on top if desired. Serve immediately.

Nutrition Tip #11

Don't Forget Vitamin D!

Key Message:

Combining Vitamin D and calcium is important to build strong bones to withstand the long hours of practice, training, and completing the 26th mile.

Facts:

- Adolescence is a critical time for bone development. Throughout the teenage years, bones are growing longer and becoming stronger.
- Vitamin D is involved in the absorption and regulation of calcium, so both nutrients are essential for bone health.
- Vitamin D specifically keeps you healthy (builds a strong immune system), and improves muscle function.
- Sources of Vitamin D:
 - ~ The sun!
 - ~ Milk
 - ~ Tuna
 - ~ Orange juice
 - ~ Yogurt



**Hog Log
Challenge**

Get Calcium

Snack-tivity:

Try this snack packed with Vitamin D!

Greek Yogurt Tuna Salad

Makes 1 Serving

Ingredients:

1 3oz. can tuna

1-2 Tbsp Greek yogurt

Salt and pepper, to taste

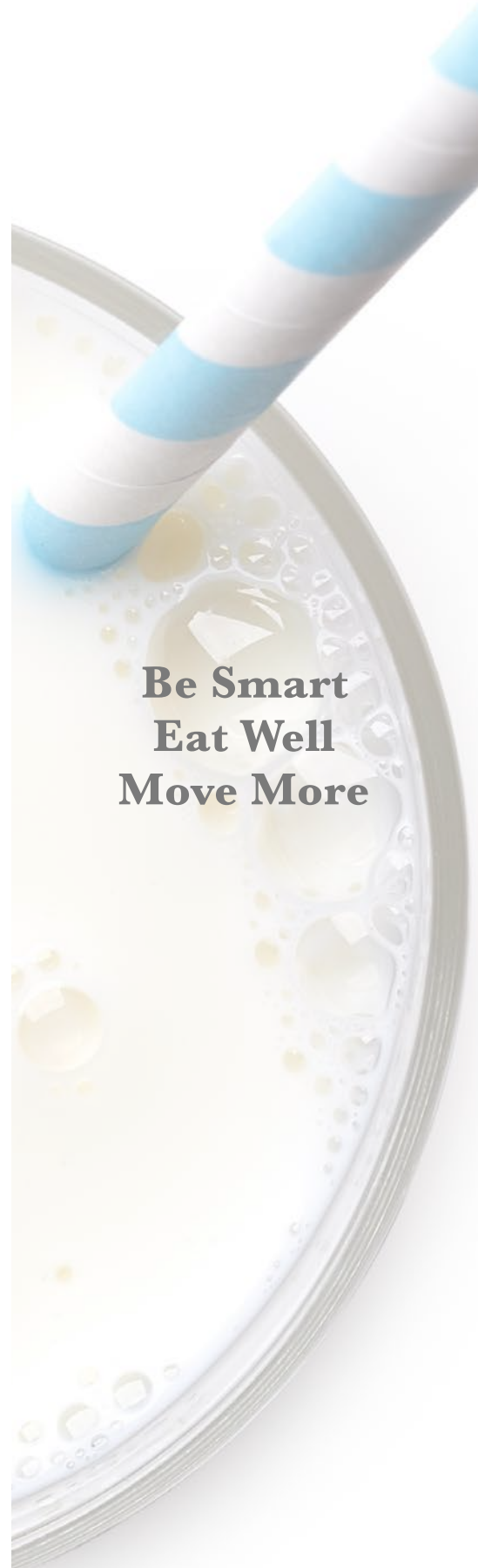
1-2 Tbsp pickled relish, if desired

Instructions:

1. Stir all ingredients together.

2. Serve with whole grain crackers, celery, and carrots.

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Nutrition Tip #12

Importance of Iron

Key Message:

Iron is a mineral that is extremely important, especially during adolescence. It increases energy and can help keep you from feeling sleepy during the day, and can increase energy while you're running.

Facts:

- You need iron to support your growing body.
- Iron is necessary for thinking clearly, energy, to keep you from being irritable, improved attention, increased productivity, and maintaining immunity.
- If you have low iron, your schoolwork and running suffer.
- Foods that are high in iron include:
 - ~ Cereal
 - ~ Leafy green vegetables
 - ~ Oatmeal
 - ~ Lean meats like chicken, turkey, and beef
 - ~ Beans



Hog Log Challenge

Focus on Fruits
and Veggies

Go For the Whole
Grain

Snack-tivity:

A tasty, iron-packed treat!

Dark Chocolate Oatmeal

Makes 1 Serving

Ingredients:

1/2 cup old-fashioned oats	1 1/2 tsp unsweetened cocoa powder
1 1/2 tsp sugar	1/4 tsp vanilla extract
3/4 cup berries (fresh or frozen)	

Instructions:

1. Prepare the oats with water or skim milk according to package directions.
2. Stir the cocoa powder, sugar, and vanilla extract into prepared oatmeal. Top with berries.

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Nutrition Tip #13

Breakfast of Champions

Key Message:

Breakfast is the most important meal of the day! Kids who eat breakfast focus and concentrate better in the classroom, and perform better in their sport.

Facts:

- Breakfast provides fuel for your brain during school and fuel for your muscles during practice.
- Try to incorporate whole grains (cereal, tortilla, bread), fruits, vegetables, and calcium (milk, cheese) into your breakfast!
- Breakfast can be quick - bowl of whole-grain cereal + banana; or yogurt + granola.
- If you don't have time to eat at home, pack your breakfast to eat in the car or bus.



Hog Log Challenge

Focus on
Fruits and
Veggies

Get Calcium

Snack-tivity:

These “doughnuts” are dietitian- and kid-approved! Let the kids pick their “sprinkle” combinations.

Apple “Doughnuts”

Makes 1 Serving

Ingredients:

1 large apple

1/2 cup vanilla Greek yogurt

Instructions:

1. Slice apple sideways in 3/4” thick slices and remove center of each slice. Or, use apple corer if available.
2. Cover the top of each “doughnut” slice with a spread of Greek yogurt and finish with “sprinkles.”

Try some of these “sprinkle” combinations:

- 1 Tbsp crushed almonds + 1/4 cup blueberries
- 1/4 cup blueberries + 1 Tbsp shredded coconut flakes
- 1 Tbsp crushed almonds + 1 Tbsp sunflower or pumpkin seeds



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Picture and recipe - Joy Bauer

Nutrition Tip #14

Snack Attack!

Key Message:

Kids need to fuel their body more than 3 times a day (breakfast, lunch, dinner), especially when they're active. Snacks are needed!

Facts:

- Snacks should be kept small so you don't spoil mealtime.
- Healthy snacks provide energy and nutrients needed for growing healthy bodies.
- Kids have small stomachs, so they may need to eat more often than adults.
- Without regular snacks, you can feel tired and grouchy. This may make focusing at school and on homework difficult, as well as causing a decrease in performance during running practice.
- Great snack options includes fruits, nuts, yogurt, sliced veggies, popcorn, peanut butter crackers, cheese, or a piece of toast.



Hog Log Challenge

Focus on Fruits and Veggies

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Snack-tivity:

Incredible Edible Vegetable Bowls Makes 1 Serving

Ingredients:

- | | |
|--|-----------------------------|
| 1 green, yellow, or red pepper, washed | 1 carrot, washed and peeled |
| 1 bunch of celery, washed | Salad dressing |

Instructions:

1. Cut the pepper in half (side to side). Clean out the seeds from the inside.
2. Cut half of the pepper into skinny slices.
3. Cut the carrot and celery into skinny slices 4" long.
4. Put a little salad dressing into the bottom of your pepper bowl.
5. Put celery, carrots, and pepper slices into the bowl.

Nutrition Tip #15

Packing a Pig-Friendly Lunch

Key Message:

Your lunch provides fuel for your brain AND fuel for your after-school runs! Pack a pig-friendly lunch daily.

Facts:

Try to incorporate all food groups into your lunch. Each food has an important role in making sure your brain has energy, and your body has energy.

- Fruits - fresh, frozen, dried, or canned
- Vegetables - fresh, frozen, or baked
- Protein - baked chicken, deli meats, hardboiled eggs, beans, or nuts
- Low-fat dairy - milk, cheese, or yogurt
- Whole grains - pita, bread, tortilla, wrap, pasta, or pretzels

Let your parents know some of your favorite foods from each category to make sure your lunch is full of foods you enjoy!

Snack-tivity:

If you're making this snack-tivity at home (you'll need an oven), provide the recipe to children so they can share with their parents!

Kale Chips

Makes 6 Servings

Ingredients:

- | | |
|--------------------------------------|------------------------|
| 1 bunch kale | 1 tablespoon olive oil |
| 1 teaspoon seasoned salt or sea salt | |

Instructions:

1. Preheat oven to 350 degrees. Line a cookie sheet with parchment paper.
2. With a knife or shears, carefully remove the leaves from the stems. Tear into bite size pieces. Wash and thoroughly dry. Drizzle kale with olive oil and sprinkle with seasoning salt. Place them like upside down "V's", curly side down.
3. Bake until the edges brown, but are not burnt, 10 to 15 minutes. Season as desired.



Hog Log Challenge

Focus on
Fruits and
Veggies

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Nutrition Tip #16

Dinner That Champions are Made of

Key Message:

Do you eat dinners with your whole family?
Suggest having a family dinner to your parents!

Facts:

- Eating family dinners:
 - ~ Develops language skills, manners, and teaches taking turns.
 - ~ Improves mood.
 - ~ Improves grades in school.
- Dinners should include fruit, vegetable, protein, whole grain, and low-fat dairy.
- Suggest some of these balanced meals to your parents:
 - ~ **Taco night** - whole grain tortilla, ground turkey, chopped tomatoes and lettuce, salsa, side of strawberries, glass of milk
 - ~ **Quick cooking** - chicken + salsa in the crockpot, steamed broccoli, brown rice, side of raspberries, glass of milk
 - ~ **Pasta party** - whole grain pasta, marinara sauce, meatballs, broccoli, grapes, glass of milk



**Hog Log
Challenge**

Go For the
Whole Grain

**Be Smart
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Snack-tivity:

Turkey Meatballs

Makes 27 Meatballs

Ingredients:

2 lb turkey, ground, 7% fat

2 eggs, large

1/2 cup bread crumbs, plain

1/4 tsp black pepper

Instructions:

1. Preheat oven to 350 degrees. Spray a 9x13" baking dish with cooking spray.
2. Mix all ingredients together in a large bowl using your hands. Form the meat mixture into 1.5-oz balls and place them in the baking dish.
3. Bake uncovered for 25 minutes. Store unused meatballs in freezer.

Nutrition Tip #17

Pre-Pig/Workout Fuel

Key Message:

What should you eat before your run? Just remember, what you eat daily to support your running is just as important, if not more important, than what you eat before your run.

Facts:

- Youth athletes need to eat before they compete.
- Eating before exercising has been shown to improve performance.
- Eating a meal or snack prevents hunger while running, provides a mental boost, and provides energy.
- The needs of each athlete differs: timing before, portion, and kind (liquid vs solid). Don't force snacks on children, but allow them to try different things and report how their body feels while running.
- Pre-workout snack ideas (for immediately before workout):

- ~ 1 banana
- ~ 4 apricots
- ~ 1 orange
- ~ 2 rice cakes
- ~ 1 oz pretzels



Hog Log Challenge

Focus on Fruits and Veggies

Snack-tivity:

Pig-tacular Sports Drink

Makes 1 Serving

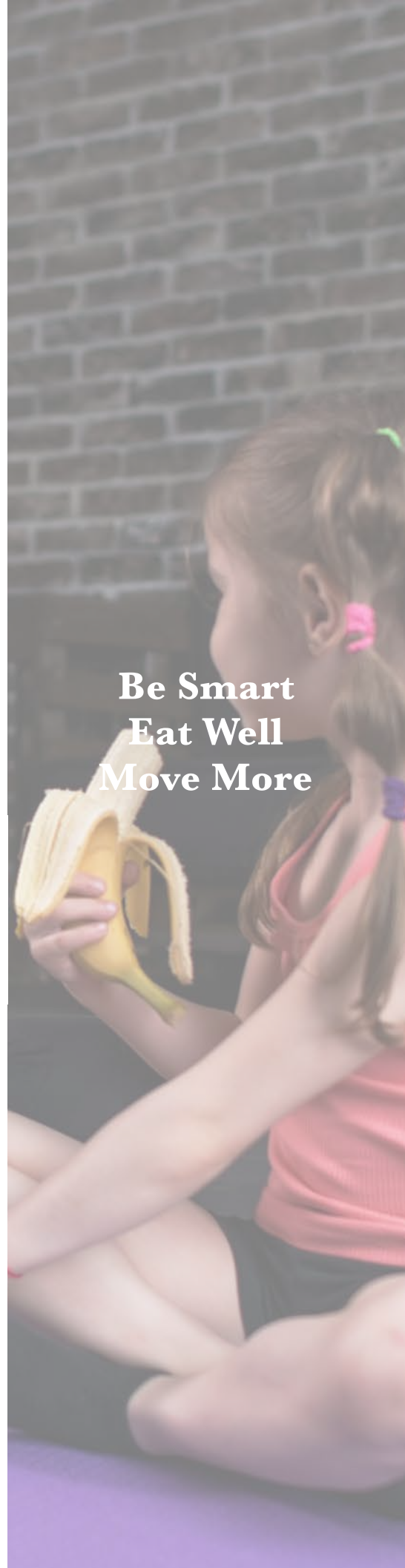
Ingredients:

14 oz water	6 oz juice (cranberry, pomegranate, or cherry; or juice blend)
1/10 tsp table salt	2 tsp sugar, white, granulated

Instructions:

1. Heat 1 cup of water in a microwave. Add the hot water to a pitcher and dissolve the sugar and salt.
2. Add the juice and remaining water. Pour into 20 oz bottle and chill.

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Nutrition Tip #18

Pigging out Post-Workout

Key Message:

Youth athletes participating in exhaustive activity should begin refueling within 30 minutes after activity. What you eat at this time is very important and is referred to as the recovery meal.

Facts:

- Good recovery leaves you feeling well and prepared for your next exercise session.
- Your recovery meal should contain carbohydrates to replenish your muscles with energy. Carbohydrates are the most important nutrient to consume.
- Your recovery meal should also contain small amounts of protein to repair muscles.
- Rehydrate with fluids.
- Recovery nutrition ideas:
 - ~ 12 oz chocolate milk
 - ~ 3/4 cup cereal with 8 oz skim milk + 1 Tbsp raisins
 - ~ 6 oz Greek yogurt + 1 Tbsp honey + 1/4 cup blueberries



Hog Log Challenge

Focus on Fruits and
Veggies

Get Calcium

**Be Smart
Eat Well
Move More**

Snack-tivity:

Smoothies can be a quick and convenient recovery snack! Substitute different juice and fruit options to provide a variety of options.

Strawberry Banana Smoothie

Makes 2 Servings

Ingredients:

6 oz low-fat vanilla yogurt

1/2 cup orange juice

1 medium banana, peeled & sliced

1 cup frozen, unsweetened strawberries

Instructions:

1. Place all ingredients in a blender and mix until smooth.
2. Divide into 2 glasses, about 8 ounces each. Serve immediately.

Nutrition Tip #19

Eating on the Go

Key Message:

Don't let traveling or eating outside your home be an excuse to eat unhealthy options. Remember, it's important to properly fuel your body and brain.

Facts:

- Follow some of these tips for eating on the go:
 - ~ **Hotel** - grab a bagel, toast, or English muffin, and add peanut butter and jelly
 - ~ **Gas station** - single-serve cereal with milk and a piece of fruit; OR grab a granola bar, string cheese, and yogurt
 - ~ **Fast food** - choose a breakfast burrito; OR grilled chicken sandwich with a side of fruit or yogurt

Snack-tivity:

Try this easy, no-bake granola bar recipe. This would be a great bar for parents to keep in the car for an easy, on-the-go snack.

No-Bake Granola Bar	Makes 12 Servings
Ingredients:	
2 cups quick cooking oats	1 cup almond butter
1/2 cup sliced almonds	1/2 cup mini chocolate chips
1/4 cup honey	Optional: salt and cinnamon
Instructions:	
1. Combine the oats, almond butter, almonds, chocolate chips, and honey in a medium size bowl. Stir until well combined. Add more honey if needed, and salt and cinnamon, to taste.	
2. Line a 8x8" pan with parchment paper, allowing the paper to fall over the edges. Press the oat mixture into the pan.	
3. Place in the freezer for 45 minutes - 1 hour, or until firm. Remove paper from pan and cut the large square in half. Then cut each half into 6 rectangles. Wrap bars individually with parchment paper or plastic wrap and store in refrigerator or freezer.	



**Hog Log
Challenge**

Go For the
Whole Grain

**Be Smart
Eat Well
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Nutrition Tip #20

Eating Healthy - What's Stopping You?

Key Message:

You now know HOW and WHY to eat healthy. Now comes the hard part, implementing it! Many things can get in the way of putting a well-balanced plan into practice. Succeeding requires some sacrifice from you and your family.

Facts:

Every barrier has a solution; implementing it takes commitment, motivation, and flexibility. Be the best student athlete you can be!

- **Barrier:** I would rather sleep than eat breakfast.
- **Solution:** Grab breakfast to go.
 - ~ Grab 2 string cheeses + banana
 - ~ Grab a Greek yogurt and dump in granola and dried fruit
- **Barrier:** I'm not hungry for breakfast in the morning.
- **Solution:** Drink something.
 - ~ Drink a glass of milk and eat a granola bar (when your stomach is ready to handle solids).
- **Barrier:** I don't like fruits and vegetables.
- **Solution:** Keep trying - try cooked, raw, or with sauce/dressing.
 - ~ It can take up to 10 tries to enjoy a new food. Try vegetables cooked and raw - what do you like best? Dip your veggies in a Greek yogurt dressing or hummus.

Snack-tivity:

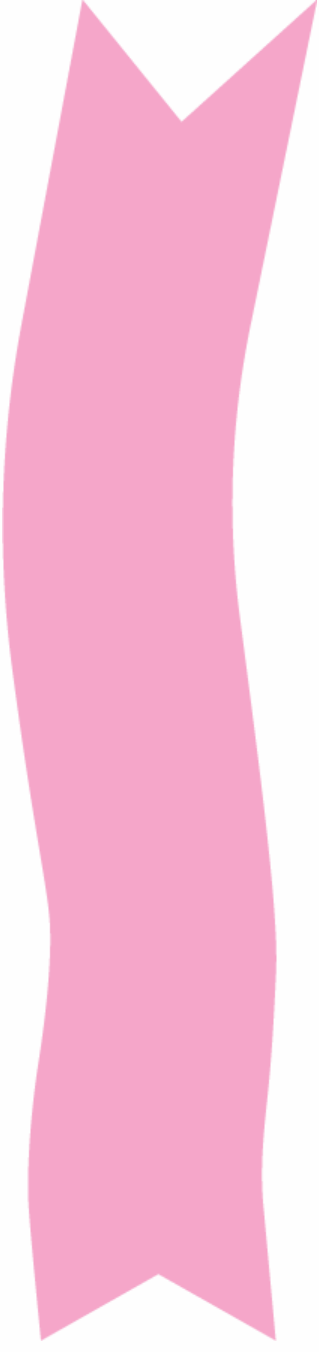
Is there a healthy snack-tivity your group really enjoyed? Repeat a snack-tivity that you think would further encourage your group to continue on their healthy eating journey.

Thank you:

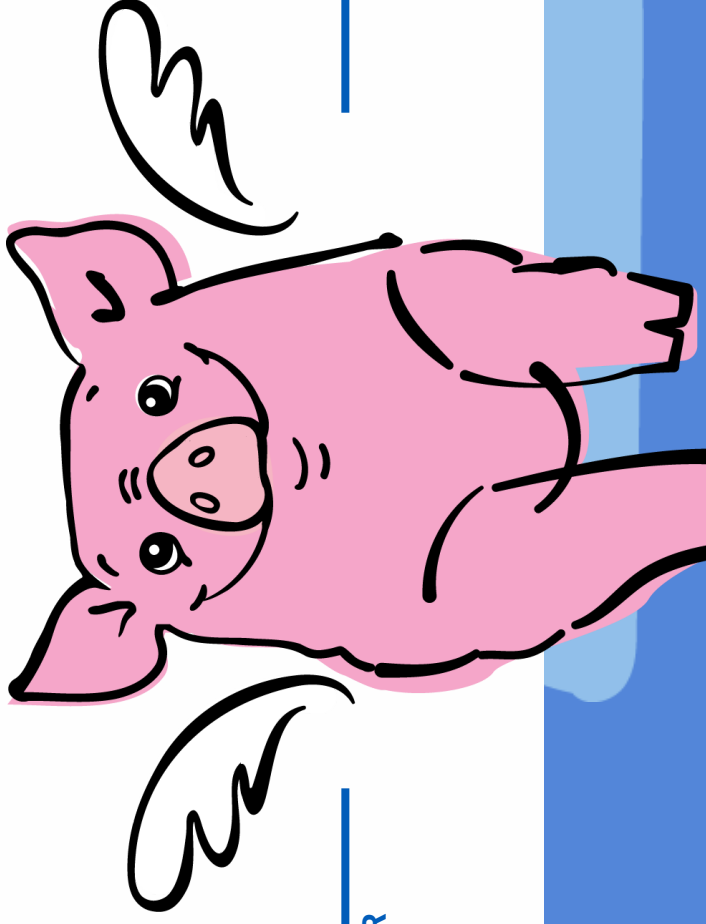
Thank you for participating in the Flying Pig Kids Marathon Nutrition Challenge! We can't wait to watch you cross the finish swine at the 26th mile! Reminder, pigs fly the first weekend in May.

Be Smart
Eat Well
Move More

THIS IS TO CERTIFY THAT



**HAS COMPLETED THE FLYING PIG MARATHON
NUTRITION CHALLENGE**



COORDINATOR

DATE

