



Foods the Lady Hawks SHOULD be eating during season **(and a brief explanation of why)**

Talk with your families about how you can best eat these foods on a daily basis during the season (and preferably for the rest of your life)! You may even want to talk with them (and your doctor/nutritionist) about multi-vitamin supplements for active young women!

The following is just a guide to help you eat the best you can during our season! I hear you all talking about being “tired” – your body can’t maintain its level of activity if you don’t help it! The following is not ALL of the important stuff your body needs, just the most important.

BOTTOM LINE: Eat pasta, leafy greens (like spinach), BROCCOLI, peanut butter, and LOTS of bananas (or raisins)!! AND DRINK A TON OF WATER!
DO NOT, whatever you do, “diet” during season! You need about 3000 calories/day! Just make those calories as healthy as possible...you will feel the difference.

Carbohydrates:

Most foods contain carbohydrates, which the body breaks down into simple sugars — the major source of energy for the body. There are two major types of carbohydrates (or carbs) in foods: simple and complex.

Simple carbohydrates: These are also called simple sugars. Simple sugars are found in refined sugars, like the white sugar you'd find in a sugar bowl. If you have a soda, you're ingesting simple carbs. But you'll also find simple sugars in more nutritious foods, such as fruit and milk. It's better to get your simple sugars from food like fruit and milk, because they contain vitamins, fiber, and important nutrients like calcium. A soda does not.

Complex carbohydrates: As with simple sugars, some complex carbohydrate foods are better choices than others. Refined grains, such as white flour and white rice have been processed, which removes nutrients and fiber. But unrefined grains still contain these vitamins and minerals.

Whatever you do, be sure to eat LOTS of carbs (whole grain breads, pasta, oatmeal, healthy cereals) during the season because your body can't function without them! Athletes BURN a ton of energy and so need more carbs! Avoid eating and drinking sugar, though, because it might give you energy in the short term, but the body uses it fast and then you have nothing...and you crash!

B Vitamins:

When people ask me how I am so energetic, I thank my “powerhouse” supplement – my B VITAMINS (and LOTS of sleep)! The B vitamins are important in metabolic activity — this means that they help make energy and free it when your body needs it. So the next time you're running a 14, thank those B vitamins. This group of vitamins is also involved in making red blood cells, which carry oxygen throughout your body. Every part of your body needs oxygen to work properly (especially during the season), so these B vitamins have a really important job.

Foods that are rich in B vitamins:

- whole grains, such as wheat and oats
- fish and seafood
- poultry and meats
- eggs
- dairy products, like milk and yogurt
- leafy green vegetables (spinach, romaine lettuce, collard greens – I know you eat those ALL the time)
- beans (green, pinto, and black) and peas

Vitamin C

This vitamin is important for keeping body tissues, such as muscles in good shape. C is also key if you get a cut or wound because it helps you heal. So this is important for us during season as you are building and using your muscles and getting small injuries. C also aids in immunological responses (it helps keep you healthy).

Foods that are rich in vitamin C:

- citrus fruits, like oranges
- cantaloupe
- strawberries
- tomatoes
- broccoli
- cabbage
- kiwi fruit
- sweet red peppers

Vitamin D

Vitamin D is the vitamin you need for strong bones because it lends a hand to an important mineral — it helps your body absorb the amount of calcium it needs (which of course should imply that you need calcium too...especially as women!!)

Foods that are rich in vitamin D (and calcium):

- milk fortified with vitamin D
- cheese (calcium more than Vitamin D)
- fish
- egg yolks
- liver
- fortified cereal

Vitamin E

Everybody needs E. This hard-working vitamin maintains a lot of your body's tissues. It protects your lungs, but maybe most important for us in our season, is its role in the formation of red blood cells.

Foods that are rich in vitamin E:

- whole grains, such as wheat and oats
- leafy green vegetables
- sardines
- egg yolks
- nuts and seeds (peanut butter!!)

Iron

The body needs iron (a mineral) to transport oxygen from your lungs to the rest of your body. Iron helps because it's important in the formation of hemoglobin, which is the part of your red blood cells that carries oxygen throughout the body. And goodness knows we need oxygen for those deep sixes! You actually lose iron through your sweat – and you know that from Nov-Feb you are sweating A LOT everyday – so replace it!

Foods that are rich in iron:

- meat, especially red meat, such as beef
- tuna and salmon
- eggs
- beans
- baked potato with skins
- dried fruits, like raisins
- leafy green vegetables, such as broccoli
- whole and enriched grains, like wheat or oats

Potassium

Potassium keeps your muscles and nervous system working properly. As you know, your blood and body tissues, such as muscles, contain water, and potassium helps make sure the amount of water in your cells is just right. Of course your body can't properly utilize water if it doesn't have any!! DRINK WATER!

Foods that are rich in potassium?

- bananas
- broccoli
- tomatoes
- potatoes with skins
- leafy green vegetables, such as broccoli
- citrus fruits, like oranges
- dried fruits
- legumes, such as beans, peas, lentils, and peanuts

I found the Nemours Foundation on Children's Health website incredibly helpful in collating this information! See <http://www.nemours.org/welcome.html>