

Iowa Strength and Conditioning



Snack Foods: The key to a complete performance nutrition plan!

Quite often we have been told by the media that snacking is a bad thing and that if you snack you will put on weight and that if you cut snacking out you will shed your excess weight. We want you to think of snacking as exactly the opposite of that. We want you to view snacking as a key to success, but that does not mean simply mindlessly snacking whenever you feel like it. Timing is a key component. You should aim to consume a snack roughly 2 hours before your next meal so that its nutrients can be absorbed and hunger pains can be avoided. If you have a healthy and nutritious snack comprised mainly of fruits, vegetables, whole grains, healthy fats and protein you will also help your body maintain a consistent energy level and avoid the “crash” that results from going long periods of time without eating. Below are some categories you can use to choose from and try to include some protein as often as possible.

Protein: 2tsp PB, 1oz almonds, 3 slices deli turkey **Dairy:** 8oz. Low-fat yogurt, 8 oz. 1% milk

Fruits/Veggies: 1oz. raisins, 1.5c berries, Unlimited raw veggies, 1 large orange **Whole**

Grains: 1 or 2 slices whole-grain bread, 1 bowl oatmeal or high-fiber cereal

“THE IOWA WAY”

“There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something, you accept no excuses, only results.”

Author Unknown

This is an ideal quote as we begin summer workouts. Many of you could come up with any number of excuses in order to be at home, sitting in the air conditioning and enjoying some home cooking and the quietness of your own room. However, when you are “all in” and fully vested to a cause there is no choice in your mind but to be there giving every ounce of yourself in order to improve and impact the cause. The summer is when so many teams are able to develop the chemistry and respect for one another that allows them to be a great team. It is only when you are fully committed to something that you will fully feel what it means to be truly satisfied and excuses will not even cross your mind.

