

# Iowa Strength and Conditioning



## Snack Foods: They are Critical in your Performance Nutrition Goals!

Many diet plans portray snacking as wrong, but we want to think of it as exactly the opposite! It will play a large role in your nutritional success. The secret to optimum and effective snacking is timing. You should never go more than 3 hours without eating and preferably your snacks will be at least two hours before your next meal. This will allow you to get in the calories you require to maintain a healthy body composition and keep your blood sugar level even. It should also prevent you from wanting to overeat during a meal. Remember 5-6 small meals a day is what you should be striving for. Pick from any of the categories below, but it is paramount that you include a PROTEIN with EVERY snack for this to be successful. A processed or sugary carb snack will do the opposite of what you want to accomplish.

**Protein:** 2 tbsp. peanut butter, 1-2 oz. almonds, 3-5 slices of low fat deli meat, 8 oz. of low fat yogurt, 1-2 c of skim or 1% milk, 1-2 sticks cheese string or 1-2 slices of low fat or non fat cheese.

**Fruit or Vegetable:** 1 oz. raisins, 1.5 c berries, Unlimited raw vegetables, 1 large orange, 1 can low sodium V8 juice.

**Complex Carbohydrates:** 1 or 2 slices of whole grain bread, 1 bowl unsweetened oatmeal or a high fiber cereal.

Remember these are just some of your options. For additional suggestions ask your S&C coach and they will gladly help!

## “THE IOWA WAY”

### John Wooden

“Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are.”

To me this quote is the definition of integrity. What do you do when no one else is watching? Do you continue to train hard, eat right and do the right thing or do you slack? How you answer this question will greatly impact your future not only as an athlete, but more importantly as a person. The beautiful thing is that it all comes down to a choice that is within your control, so if your past behaviors have not always been ideal, you can change them!

