



American Twisters

Nutrition Handbook

Written by:
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Certified Personal Trainer

About Your Registered Dietitian

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Registered Dietitian
Certified Personal Trainer
CrossFit Level 2 Trainer
Brand X Advanced Kids Training



She has worked in the nutrition and fitness arena for over 10 years. Nicole empowers clients to make lifestyle changes. She has worked with thousands of kids and athletes to help them achieve their weight and performance goals. She works **with** the client to design a customized plan that they are comfortable and confident following. Her program is designed to provide individuals with an easy, science-based approach to nutrition and wellness, using simple behavior modification strategies to create positive change without the stress of “dieting.”

Why Nutrition?

Nutrition is often the missing link for most competitive athletes to take their performance to the next level. What you fuel your body with directly effects practices, meets and recovery. At Twisters, Nicole’s role is to give you and your child all the resources you need to fuel your child for optimal performance in a group setting. Of course, if you want more guidance you are welcome to visit Nicole’s office right around the corner.

Over the next year, she will be working with Twisters athletes and presenting nutrition seminars covering different topics. After each nutrition class with your child, a video and handout will be emailed to you discussing the topics covered.

2017-2018 Season Nutrition Seminar Line-Up

Wednesday, September 15th: Fueling Your Body Around Workouts & Practice

Wednesday, November 8th: Holiday Survival Plan

Wednesday, January 10th: Fueling Your Body For Competition

Wednesday, February 7th: Nutrition On The Road

Wednesday, May 16th: Staying Hydrated & Properly Fueled During the Summer

10 Ways To Fuel Your Child For Performance

1. Balance Meals & Snacks

- Protein, carbohydrates & fats are all important part of a balanced meal to help your child stay full, satisfied and fueled for workouts

2. Proper Hydration

- Drink at least 50-60 ounces of water per day
- Hydrate with coconut water during workouts to replace electrolytes

3. Stock Your Car With Power Snacks

- Include source of protein & carbohydrate for snacks before workouts

4. Avoid High Sugary Foods & Beverages

- Sugar causes an inflammatory response causing blood sugar to rise and drop, we want blood sugar to be stabilized keeping us full, satisfied and full of energy to perform well!
- Foods that are high in sugar do not keep your child full for very long. Look at the ingredients label, if sugar is one of the first 2 items, put it back on the shelf.

5. Ensure Adequate Recovery After Workouts

- Have your dinner within 30-45 minutes of your workout (see sample menu for good ideas of dinners)

6. Have Healthy Meals & Snacks Available

- Prepping food is one of the best ways to ensure you are sticking with a plan
- Have pre-cut fruits, veggies, greek yogurt and nuts available
- Try using a crockpot or instant pot to help you save time

7. Be Consistent With Eating

- Try to eat something every 3-4 hours

8. Eat the Rainbow

- Different color fruits and veggies mean different vitamins and minerals
- These vitamins and minerals help to increase energy levels, fight inflammation and improve recovery after practices!

9. Incorporate Omega 3s Throughout The Day

- Omega 3s fight inflammation & decrease recovery time after workouts
- Good Sources: almonds, walnuts, pecans, chia seeds, flax seeds, wild caught salmon

10. Adequate Sleep

- Hormones reset & muscle recovery happens at night
- Goal: 8-9 hours per night!

Nutrition 101: All About Macronutrients

1. **Carbohydrates** are our body's main source of fuel; spares protein from being used as energy and aids with the oxidation (breakdown) of fat. Carbohydrates should comprise about 40% of our diet.

- **Load up on fiber to help your daughter stay full and satisfied!** Focus on whole grains loaded with fiber such as oatmeal, brown rice and quinoa over the processed low fiber grains
- Limit the fruit to 2-3 servings a day. Stick to sugar fruits such as all berries, apples, pears, peaches and nectarines. **Replace the juice with fresh fruit!**
- Try to avoid the all the convenience breakfast and snack foods loaded with sugar, this will increase inflammation and low down recovery time for your child

Sources of Carbohydrate:

<u>½ Plate: Non-Starch Vegetables</u>	<u>¼ Plate: Starchy & Complex Carbohydrates</u>	<u>Consume in Moderation:</u>
<ul style="list-style-type: none"> ✓ Broccoli, carrots, green beans, asparagus, cauliflower, tomato, zucchini, squash, salad, cucumbers, and spaghetti squash 	<ul style="list-style-type: none"> ✓ Fruits: strawberries, blueberries, raspberries, apples, peaches, clementine, and pears ✓ Starchy veggies: sweet potato, peas, butternut squash, and acorn squash ✓ Starch: brown rice, quinoa, beans, oatmeal, and steel cut oats 	<ul style="list-style-type: none"> ✓ Rice cake ✓ Fingerling potato ✓ Arnold's sandwich thin ✓ Banana, grapes, and melons

2. **Protein** is made from amino acids that provides our body's structure, regulates body function, components of enzymes, immune system health, and aids hormone regulation. Protein should comprise about 30% of our diet.

Sources of Protein:

<u>Lean Meats (Top Choice):</u>	<u>Medium Fat Meats (Moderation):</u>	<u>High Fat Meats (Limit):</u>
<ul style="list-style-type: none"> ✓ Fish, skinless chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carbs + protein), turkey, egg whites 	<ul style="list-style-type: none"> ✓ Medium fat cheese (cottage + grated parmesan cheese), chicken (dark meat, no skin), sirloin, large eggs, turkey bacon, turkey sausage 	<ul style="list-style-type: none"> ✓ Full fat dairy, most red meats, bacon, most cheese, pork, ribs, extra large eggs, fried meats

3. **Fat** is a component of our membranes particularly in the brain and nervous system, aides in the absorption of fat-soluble vitamins and is used as a source of energy. WE NEED FAT. Healthy sources of fat from nuts and seeds should comprise of about 30% of our diet.

- **Increase Omega 3 intake** (sources: salmon, herring, canola oil, olive oil, flaxseeds, **chia seeds**, some eggs are fortified, **supplements**). Omega 3 supplements are recommended to ensure that you are consuming adequate amounts of DHA and EPA.

Sources of Fat:

Healthy Fats (in moderation):	Limit:
✓ Avocado, nuts, nut butters, seeds, coconut oil, olive oil	✓ Butter, fried foods, baked goods, chips, junk food, treats

Products We Love @ HSN!



5 Great Snacks To Fuel Your Daughter

1. Triple Zero Greek Yogurt
2. Apple + 2-3 turkey roll ups
3. Fruit puree or go-go squeeze + hard-boiled egg
4. Orange + 2-3 ham roll ups
5. RX Kids Bar

ReShape Your Plate

1. Drink Up

- Hydration is extremely important, and your choice of fluids can make or break you
- Focus on WATER!
- Cut back on the sugar sweetened beverages (soda, juice, sweet tea)

2. Make it Lean

- Choose lean meats such as chicken, turkey and fish
- Watch out for the added fat when cooking (grill, bake, or broil)
- Beware of whole milk and dairy products, they can provide excess saturated fat and calories

3. Load up on the **WHOLE** foods

- Whole grains, fruits and vegetables provide you with the fiber, vitamins and minerals that your body needs
- Fiber plays many different roles in the body to help you stay full, keep your regular and aids in lowering cholesterol levels

4. Cut back on the **SUGAR**

- Causes an inflammatory response
- Beware of hidden source of sugar in juices, granola bars and processed foods
- Read the ingredients label. If sugar is in the top 2-3 items listed, put it back!

5. Limit the processed junk!

- Try to shop the perimeter if the grocery store of 90% of your groceries
- Look at the ingredients label, if you can't read what's in it, put it down

Top Recipes on the HSN Website:

1. 4 Ingredient Protein Pancakes (Breakfast)
2. Amish Oatmeal (Breakfast)
3. Meatloaf Muffins (Main Dish)
4. Pulled Chicken (Main Dish)
5. Kale Chips (Side)
6. Creamy Green Smoothie

**Recipes found at: www.healthystepsnutrition.com/healthy-recipes
Under the nutrition tab**

Sample Menu:

	Day 1	Day 2	Day 3	Day 4
<p>Breakfast: Source of protein, carbohydrates, fruit & healthy fat</p>	<ul style="list-style-type: none"> Canadian Bacon, egg & cheese on sandwich thin Peach Glass of Milk 	<ul style="list-style-type: none"> Smoothie: ½-1 cup Greek yogurt, 2 T peanut butter, 1 cup milk/almond milk, 1 cup berries 	<ul style="list-style-type: none"> 1-2 eggs scrambled with veggies apple with 1 T almond or peanut butter Glass of Milk 	<ul style="list-style-type: none"> 2/3-1 cup Amish Oatmeal (Recipe on website) Top with 1-2 T almond slivers & 2 T berries
<p>Snack: Source of carbohydrate, protein and fat</p>	<ul style="list-style-type: none"> Apple with 1 T peanut butter 	<ul style="list-style-type: none"> Low sugar Kind Bar 	<ul style="list-style-type: none"> Greek yogurt with 1 T of almond slivers or granola 	<ul style="list-style-type: none"> Hard boiled egg Peach
<p>Lunch: Protein sandwich on high fiber bread, veggies, carb or fruit</p>	<ul style="list-style-type: none"> Turkey Sandwich (wheat bread-Arnold's sandwich thins) Carrot sticks with 3 T hummus Greek yogurt with 1 T granola 8 ounces water 	<ul style="list-style-type: none"> Ham & Cheese Sandwich (wheat bread-Arnold's sandwich thins) Cucumber slices ¼ cup mixed nuts Apple 8 ounces water 	<ul style="list-style-type: none"> Chicken Sandwich (wheat bread-Arnold's sandwich thins) Slices peppers ¼ cup roasted almonds 1 cup berries 8 ounces water 	<ul style="list-style-type: none"> Turkey and hummus roll ups Pita chips Greek Yogurt with 1 T granola 8 ounces water
<p>Snack (Before Practice): source of higher glycemic carbs and protein</p>	<ul style="list-style-type: none"> Triple Zero Greek Yogurt <p>Try coconut water during practice!</p>	<ul style="list-style-type: none"> RX Kids Bar <p>Try coconut water during practice!</p>	<ul style="list-style-type: none"> Applesauce or fruit puree pouch (2-3) Turkey roll ups <p>Try coconut water during practice!</p>	<ul style="list-style-type: none"> ½ Smoothie (1/2 cup Greek yogurt, almond milk, 1 cup berries)
<p>During the Workout: ideally liquid carbohydrates for quick source of energy</p>	<ul style="list-style-type: none"> Fruit Buddy Coconut water 	<ul style="list-style-type: none"> Apple sauce Coconut water 	<ul style="list-style-type: none"> Fruit buddy Turkey Roll up 	<ul style="list-style-type: none"> RX Kids Bar
<p>Dinner: Lean meat, plant based source of fat, non-starchy veggies and a low glycemic starch</p>	<ul style="list-style-type: none"> 3-5 ounces grilled chicken with avocado ½ -2/3 cup sweet potato ½-1 cup green beans 	<ul style="list-style-type: none"> 1-2 Meatloaf Muffins (Recipe on website) ½ -2/3 cup oven roasted potatoes ½ -1 cup carrots 	<ul style="list-style-type: none"> 1-2 cups spaghetti squash 1/3-1/2 cup pasta sauce (with veggies) 3-5 ounces ground turkey kale chips (recipe on website) 	<ul style="list-style-type: none"> 4-5 ounces teriyaki baked salmon (recipe on the website) ½-2/3 cup quinoa 1/2 – 1 cup roasted broccoli

*** Portion sizes of all the foods listed is cooked.***

Would you like more individualized meal planning and help dialing in your child's nutrition?

Set up an appointment with us today!

Website: www.healthystepsnutrition.com

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Our Programs:



- Nutrition Counseling
- Individualized Meal Plans
- Sports Nutrition
- Personal Training
- Corporate Wellness
- Kids Nutrition & Fit Camp