

Protein Packed Snack Idea: AdvoCare Protein Bites Recipe

Ingredients

- 2 scoops AdvoCare Chocolate Muscle Gain
- 1 cup natural peanut butter
- 1 cup rolled oats
- 1 cup honey
- 1/2 cup ground or finely chopped almonds
- 1/2 cup chocolate chips optional
- *can also make nut-free by substituting wow butter and omitting almonds

Instructions

1. Combine all ingredients.
2. If it seems too dry, add 1 tablespoon water.
3. Roll into balls, then chill.

Sweet Snack Idea: AdvoBLIZZARD!

Ingredients

- 1 packet AdvoCare Meal Replacement Shake
- 1 cup ice
- 1 AdvoBar broken up
- 8oz water, milk, almond milk or coconut milk

Instructions

- Combine all ingredients in blender.
- Blend!
- Enjoy!



Food & Nutrition Tips

By Chris Rosenbloom, PhD, RDN | Wednesday, December 26, 2018

Each month, USA Swimming posts an article on nutrition to encourage swimmers to eat well to move well. Let's take a review of top tips over the past months as you prepare for 2019.

1. Protein is an important nutrient for athletes of all ages, but more isn't better. Instead of heaping amounts of protein at dinner, try to eat protein at every meal and snack for a more even distribution to feed your muscles all day long. Vegetarian athletes don't need more protein than meat-eaters, but quality is important, and soy protein is a vegetarian's best bet for quality.
2. Sandwiches are an easy, tasty vehicle for carbohydrates, proteins and healthy fats. Load up the veggies (peppers, cucumbers, tomatoes), pick a lean protein (chicken, turkey, roast beef, ham), and eat it on the bread of your choice. Remember, only half your grains need to be whole, so nothing wrong with wheat, white, or rye bread. Add healthy fats by adding avocado, hummus, or splash of olive oil.
3. Make your snacks pull double-duty; an ideal snack is one that satisfies hunger and adds to the overall nutritional value of your diet. Good choices include walnuts, almonds, peanuts, kefir, Greek yogurt, low-fat chocolate milk, and fresh or dried fruit.
4. Make a hydration plan for long workouts and all-day swim meets. Most athletes cannot rely on thirst to stay hydrated and dehydration is always bad: for physical health, for performance, and for motivation and clear thinking.
5. Eat before competition, but never to the point of feeling stuffed or uncomfortable. A heavy meal takes longer to digest, and blood gets shunted to the gut for digestion instead of carrying needed oxygen and nutrients to your arms and legs.
6. Swimmers need to be strong, yet teens have the lowest diet quality of any other group, so focus on dietary patterns, not individual foods, to promote strength. Don't think of any one food as a superfood, but try to make food choices into a super diet by eating every 3 to 4 hours, packing snacks for pre-and post-workouts, especially if you have an early lunch period at school, and choose foods from all food groups throughout the day. Don't limit carbohydrates, protein, or fat.
7. Eat in the morning before practice. Even a small amount of food will help break the overnight fast and you help you get through your workout. Try liquids (smoothies, yogurt drinks, or milk) if you can't eat solid food.

Chris Rosenbloom, PhD, is a registered dietitian nutritionist who has provided nutrition information to coaches and athletes for over 30 years. She welcomes questions from swimmers, parents, and coaches at chrisrosenbloom@gmail.com.

Top Nutrition Tips from the Pros

By Chris Rosenbloom//Contributor | Monday, November 12, 2018

School-aged swimmers may not always have the chance to seek nutrition information from sports dietitians, so I asked two pros to share their top tips to help young athletes perform at their best while juggling school and an active social life.

Here are their tips. From Lisa Money, Registered Dietitian and Certified Specialist in Sports Dietetics with Apex Athletic Performance in Columbia, South Carolina:

There are three main hurdles to good nutrition for school-aged athletes:

30% skip breakfast.

- Solutions for the breakfast skippers? Drink a liquid breakfast, a smoothie or commercial meal replacement to get used to having something in your stomach in the morning. After that becomes routine, graduate to a solid meal; an egg or peanut butter sandwich or a cup of oatmeal. For those who say, "I'm not hungry," challenge yourself to give breakfast a try for one week and see if your body doesn't get used to the new routine and start to give you signals in the morning that you are hungry."

They don't take in enough fuel before practice.

- Solutions? Review your schedule and plan meals and snacks around workouts. For those who hit the pool before school, take your breakfast in the car and eat on the way to practice. At mid-morning, choose foods from two food groups (cheese and crackers, apples and nuts, or a commercial meal replacement and snack crackers). At lunch, review the school offerings the day before to see if there is something that you like; if nothing appeals to you, pack your lunch. After school before practice, eat or drink something that is easily digested, a sports drink and pretzels or fruit juice and crackers, to provide energy without weighing you down in the pool.

They don't adopt a drinking plan or hydration protocol.

- Solutions? Drink half your body weight in pounds in ounces every day as a minimum to stay hydrated. For example, a 160-pound athlete should aim for at least 80-ounces or 10 cups of fluids each day.

From Kelsey Hampton, Registered Dietitian and Certified Specialist in Sports Dietetics with Nutriworks, Inc. in the Dallas-Fort Worth, Texas area, offers these tips.

- It's OK to compromise on your food choices; if the only way you'll eat veggies is with Ranch dressing, then go for it. I encourage small improvements.
- Athletes with early morning practice who skip breakfast complain of having little energy and feeling tired throughout the day. I suggest "go to" foods like hardboiled eggs, PBJ, fruit, and energy bar that contains some protein, or trail mix. Other good options are yogurt parfaits and whole grain bagels with cream cheese and lean ham or Canadian bacon with a side of fruit.
- Many young athletes who under fuel during the day are starving when they get home after practice, so they load up on snack foods, like chips or candy. I encourage a protein-rich snack that is more satisfying like jerky, Greek yogurt, cottage cheese, or a dairy-based smoothie. And, eat fresh fruit instead of a squeezable pureed fruit pouch. The fiber in real fruit is more filling than pureed fruit.

Swimmers Have Special Hydration Needs

By [Brooke de Lench](#)

As any parent of a competitive age-group swimmer knows, an indoor pool tends to be a very hot and humid place even at the best of times. Pack in all the competitors and spectators at a day-long meet and the temperatures soar, with athletes in or around the pool losing fluids at a high rate.

Practices for competitive swimmers also tend to last a long time, during which athletes not only burn a lot of calories but lose a lot of water and electrolytes.

"Swimmer's definitely get [dehydrated](#) because they still sweat in the water," notes MomsTeam.com's hydration expert, Dr. Susan Yeargin. "On dry land athletes' sweat is seen on the body, but in a swimmer sweat is immediately swept away in the water as soon as it appears on the skin. So an athlete loses water through sweat still (more so than respiration) and becomes dehydrated."

While there are no formal studies of dehydration in swimming, Dr. Yeargin recalls doing a personal experiment when she was an athletic trainer for a swim team. She found, on average, that swimmers lost one liter of fluids (about 33 ounces) during the 2 hour practice.

To avoid dehydration, especially during long swim practices, swimmers should:

- Ensure water intake begins at the start of the day and remains consistent throughout the day.
- Drink 17-20 ounces of a sports drink 2-3 hours before practice starts so they don't start *already dehydrated*;
- Drink 7 to 10 ounces of a sports drink every 10 to 15 minutes during practice to replace lost fluids and electrolytes, and provide the carbohydrates they need to refuel.
- Drink at least 20 ounces of fluid per pound of weight loss within 2 hours after practice ends to help rehydration.

Rehydrating with a sports drink during a two-hour practice will give them more energy and help them train harder, especially at the end of a long workout. And the better they train, the better they'll compete.



What Is Dehydration?

Our bodies operate by a simple principle of balance. Our normal diet of food and drink is designed to replace what we typically use up in our bodies as we go about our day. Our hunger and thirst mechanisms help us know when our bodies are low on energy (protein and sugar) or fluids. When we exert ourselves more such as with exercise (or even during illness), our bodies need more energy and fluids because our bodies are working overtime and are using up stores of sugars, salts and fluids.

If we don't replace the fluids, sugars and salts we lose during exercise, our bodies stay depleted of those things and that is when we become dehydrated.

The symptoms of dehydration are relatively "standard" in both adults and kids. There is, however, one major difference: kids and young teens don't sense thirst as well and they don't show signs of dehydration until much later in the dehydration process than older teens or adults. As a result, by the time a child or young teen is showing signs of dehydration, they are more severely dehydrated than an older child would be with the same symptoms.

To add insult to injury, regardless of age, by the time a person has the symptoms you usually read about, they are in need of an IV.

Here's the list of symptoms I'm sure you are familiar with:

- Thirsty
- Headache
- Dizziness
- Tired or Weak feeling
- Urine is bright yellow in color
- Apathy or lack of energy
- Grumpiness
- Trouble concentrating
- Nausea

Where kids are concerned, the more symptoms a child has, the more severely dehydrated he is. And, thirst is often a late and unreliable sign. Another issue that confuses people is how to interpret the child who sweats. Sweat is fluid loss and that fluid contains water, sugar and salts. If your child is sweating during a game, your child is at risk of becoming dehydrated. The best way to avoid that is to have sports drinks on hand for your child to drink at every opportunity. Kids should know the warning signs

So, what should you have your kids monitor for while playing a sport? How they feel overall. If they are becoming dizzy while playing, their energy is dropping, or they feel their hearts are pounding faster than normal, they are becoming dehydrated. Many kids also complain of feeling very nauseous and some may actually vomit. A child with these symptoms should not continue to play but should sit on the bench and drink, drink and drink some more. If the child can't drink or continues to vomit, that child needs to go to the ER.

How to Hydrate and When

The best game plan for hydration is to have kids pre-hydrate with a sports drink before a game and continue drinking throughout a game and after. Eating a snack before a game containing some sugar and salt also helps. This is where sports bars come in very handy. So, send your kids to school with a sports drink and make sure there are plenty more on hand during the game. While many teams now have sports drinks on the sideline in place of water, many are still sticking to just water. Water is not going to do the trick.

It is also important for an athlete to pre-hydrate throughout the day leading up to the game. An athlete will perform better if their hydration status at game time is perfect. The best way for kids to achieve this is to drink well all day long. This is where water comes in as well as any fluids the child wants to drink. While there is no proof that 8 glasses a water a day is the "magic" number, it does give kids a concrete goal to aim for and something they can do in the days leading up to every game.

The more you involve your child in the discussions about how best to hydrate for sports, the more successful your child will be on executing the plan without you there. Our job as parents is to try and empower our kids to be independent with their health care and the best way to accomplish that is to actively involve them in discussions that deal with their own bodies. Believe it or not, even the youngest of athletes understands how important it is to care for their own bodies! In fact, they see Elmo doing it all the time on Sesame Street. Our job is to continue to reinforce those lessons as our kids get older and help them to gain more and more independence and competence as they spend more time away from us.

Parents! Looking for guidance on YOUR nutrition or weight management goals for the new year?

We know we have different nutritional needs than our young athletes, but where to start? What's the best plan?

WE CAN HELP!



The advertisement features a woman in a white tank top and black boxing gloves, smiling and looking upwards. In the background, a blurred figure of a person in a dark shirt is visible. The AdvocaCare logo is in the top left corner. The text "SLIM&TRIM LIVE LEAN IN 2019" is prominently displayed. Below the text, several AdvocaCare products are shown, including Slim, Most Replacement Shake, Replacement Shake, MNS 3, BioCharge, and Charge. A black water bottle is also visible.

SLIM&TRIM
LIVE LEAN IN 2019

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise. Slim & Trim is a program to jumpstart long-term weight loss, health, and wellness. AdvocaCare recommends that you consult your healthcare professional before starting an AdvocaCare product regimen.