

About this time of year we start to see and hear countdowns to the New Year. Yearend reviews on news stories, most played songs, funniest commercials, etc... Often we need to look back to decide how to progress. This month I thought I'd review our last year of nutrition newsletters with the plan to jumpstart nutritional goals for the New Year.

January – I have not had a “Goal Setting” Nutrition Newsletter since 2014. No time like the present to set goals on nutrition.

February – Calories vs. Energy: February for New Orleanians means Mardi Gras! While it is important for our child athletes to provide their bodies with energy we have to be careful that the energy sources are healthy food choices. FYI = ½ inch slice of king cake is about 250 calories!

March – Happy St. Patrick's Day: Parties mean food, and lots of it. Holidays can be a great time to have fun with HEALTHY food. Go green, to celebrate the shamrock. Enjoy a rainbow of foods to display the luck of the Irish. Go back to the Irish roots and serve up potatoes, which are packed with vitamins, minerals and fiber.

April – Oops... I was focused on the Boston Marathon and missed this month.

May – Building Muscle: To build muscle you must work the muscle, but you then must rebuild the muscle with good protein. Your protein needs can be met with food alone. High quality protein can be found in beef, poultry, fish, eggs, milk and dairy products, soy and soy products, beans, nuts and nut butters. I also provided a chart with different foods and their protein content.

Summer – Nutrition of Olympic Athletes: While there is no one set nutritional plan for each Olympian, the point is that Olympic athletes DO focus on nutrition as part of their training. No matter your performance level, nutrition is important!

September – School Schedule: School adds a whole new challenge to assuring our kids our meeting their nutrition needs. Planning ahead is the key to staying on track during schedule changes. Additionally, a little flexibility helps for when life is life. Don't let a bump derail a healthy lifestyle, just get back on track as soon as possible.

October – Fall for Soup: Soup packs a punch when it comes to nutrition. I provided three recipes along with the nutritional benefits they each provide.

November – Modification: This has become my annual holiday nutrition newsletter. Oh, the holidays can put a damper on a good nutrition plan. However, with some modifications they can fit in a healthy lifestyle.

Thanks to Coach Mike's new website all of these articles can be found on the website under the “Newsletters” tab.

Take some time this holiday break to review your nutrition from 2016. Did you try any of the monthly challenges? Are there any topics you'd like me to discuss in 2017? What do you hope to do differently in 2017?

[Monthly challenge:](#)

Teenage Athlete – Actually read the newsletters that are now stored on the website. ;)

Parents – Review your family's nutritional habits from 2016 and decide what you'd like to do differently in 2017.