



# Nutrition Highlights

## Spring Ahead into Sports!

Welcome to HealthBarn USA, a place where families learn about the importance of living a healthy lifestyle and how-to make it happen at home. Congratulations on helping your kids to choose natural foods, to cook nutrition recipes and to eat family meals. As the Spring season fast approaches, competitive sports and recreational activities are getting into motion. From swimming to baseball to simply playing outdoors, these active events should be fueled with good nutrition. The government recommends at least 60 minutes of physical activity daily. Whether your home hosts Olympians or weekend warriors, here are helpful tips to gear up for the season ahead!



### Covering The Food Bases

Kids need a variety of nutritious foods to help them grow and to give them the best fuel for after-school practices and games.

**Carbohydrates:** the main source of energy for exercise! Whole grains, vegetables, and fruits contain carbohydrates as well as vitamins and minerals that are essential for good health.

**Protein:** helps build muscle. Foods such as chicken, fish, dairy, eggs, beans and legumes help provide all-day energy.

**Healthy Fats:** main source of stored energy. Best foods sources: nuts, seeds and avocados.

Carbohydrates + Protein + Healthy Fats = **Energy Balance** to fuel an active body!

Here are examples of balanced grab & go snacks that are easy to make and delicious to eat:

Whole grain crackers with peanut butter



An apple with string cheese

Low-fat vanilla yogurt with granola & fresh berries



## The Hydration Station

Children are very different from adults, especially when regulating body temperature: Did you know that children and adolescents experience greater heat accumulation and heat stress during physical activity?

✓ **It's important to remind kids to hydrate before, during, and after exercise.**



**Question:** "Should kids gulp down a sports drink or water?"

**Answer:** Sports drinks are high in calories, sugar and artificial dyes! Water or coconut water and a banana is the perfect way to hydrate and to replenish electrolytes for exercise lasting more than 60-90 minutes!

✓ **Slice up a whole watermelon for hydration and good nutrition that everyone loves!**

To learn more about sports nutrition for children, visit [www.kidseatright.org](http://www.kidseatright.org).

## Sweet Potato Pancakes

These sweet potato pancakes are delicious *and* nutritious! Sweet potatoes are an excellent source of beta-carotene (vitamin A), which keeps your eyesight laser sharp. Made with whole wheat flour and milk, these pancakes are a good source of fiber and bone-building calcium. They're a top "game day" pick for athletes because they provide a perfect balance of protein, healthy fat and whole grains. Go team!

### Ingredients

1 medium sweet potato (10-12 ounces)  
1 cup whole wheat flour  
¼ cup walnuts or whatever nut you like, chopped (optional)  
3 tablespoons cornmeal  
3 tablespoons packed brown sugar  
1 tablespoon baking powder  
1 teaspoon ground cinnamon  
¼ teaspoon sea salt  
1 1/3 cups low-fat (1%) milk  
1 tablespoon canola oil  
½ teaspoon vanilla extract  
2 large eggs, separated  
Maple syrup or agave nectar

**Makes 9 servings** (2 pancakes per serving)

**Nutrition Facts per serving:** 170 calories, 6g fat (1g sat fat, 2g mono, 2g poly, 0g trans fat); 45mg cholesterol; 25g carbohydrate (3g fiber, 7g sugar); 6g protein, 240 mg sodium; 50% Daily Value (DV) vitamin A; 4% DV vitamin C; 10% DV calcium, 8% DC iron

### Directions

1. Pierce the sweet potato with a fork in several places. Place potato on a paper towel in a microwave oven. Cook on high for 3-4 minutes or until fork-tender, turning the potato over once halfway through cooking. (Or, preheat oven to 450°F. Pierce potato with fork; place on oven rack and bake for 45 minutes or until fork-tender.) Cool potato until easy to handle.
2. Scoop out cooled sweet potato from skin and place in a small bowl; set aside.
3. In a large bowl, stir together flour, walnuts (if using), cornmeal, brown sugar, baking powder, cinnamon, and salt. In a medium bowl, whisk together sweet potato, milk, oil, vanilla, and egg yolks. In a small bowl, whisk egg whites until foamy.
4. Add the sweet potato mixture to dry ingredients and stir until blended. Fold egg whites into the batter
5. Heat a nonstick griddle or large nonstick skillet over medium heat until hot. Pour batter onto a hot griddle or skillet using a ¼-cup measure.
6. Cook pancakes until bubbles form on top, about 5 minutes. Turn over and cook a few minutes longer or until underside is golden. Transfer to a plate; keep warm. Repeat until all batter is used.
7. Serve hot with maple syrup or agave nectar.

\* Recipe is courtesy of *Appetite for Life*, HarperOne, 2012.

Stay in touch



If you have any questions or comments about **Nutrition Highlights**, please contact us at [info@healthbarnusa.com](mailto:info@healthbarnusa.com) or call 201-444-2955.

HealthBarn USA, Inc. © 2016 All Rights Reserved