

Welcome to a new swimming season! To those who are new to reading the nutrition newsletters, let me introduce myself. My name is Calynn Bunol. I swam for Coach Mike with CCSC as a child. Now, I am honored to be your team dietitian. As the team dietitian, I will be posting a team nutrition newsletter each month.

The swim season is just getting started and we've all been focused on our kids with the startup of school. So, I thought this month, I'd make the focus on you, the parent.

One of my cringe moments as a parent is when I correct my child for a behavior, right about the same time it's dawning on me... They learned that from ME! Parenting is not easy, so sometimes we too need a little guidance. We can easily put more focus on our child's health than our own. However, by living a healthy lifestyle ourselves, we in turn teach our children how to live a healthy lifestyle.

Policing our child's habits is often much easier than keeping ourselves in check. A healthy lifestyle does not have to be hard. Well, I guess hard can be relative. You do actively have to work at a healthy lifestyle, it won't just happen. To live healthy, in a nut shell: exercise

most days of the week, eat whole grain, enjoy fruits and vegetables, limit sugar, choose lean protein, include healthy fats and LIMIT portion sizes. The challenge is in the details, so let's break it down.

Exercise

As a whole Americans do not exercise like they should. As parents of athletes I am going to assume you know the benefits of scheduled physical activity; however, do you make the time to exercise?

The Center for Disease control and the American Heart Association have the following recommendations:

- At least 30minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes.

OR

- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate and vigorous intensity aerobic activity.

AND

- Moderate to high intensity muscle strengthening activity at least 2 days per week for additional health benefits.

So, how do you measure up with the basic recommendations for exercise?

In addition to the exercise recommendations, you need to still be active throughout the day. Finding ways to get up and away from the desk, parking farther away from the entrance, walking the dog, cleaning the house, yard work, etc, that is "moving more". Those actions are recommended in addition to scheduled exercise.

Nutrition

No doubt you've heard the basics of nutrition before, but no harm in repeating:

- Eat whole grains (and nutritious carbohydrates) – choose sweet potatoes, brown rice, wheat pasta, ancient grains, etc...
- Enjoy fruits and vegetables- when it comes to setting a good example, ENJOY is a key word. Fruits and vegetables can be so delicious. Use your fruit as a desert. Roast your vegetables as a savory side dish. Be sure your kids see you enjoy fruits and vegetables.
- Limit sugar – *KIND* snack bar company dumped 45,485 pounds of sugar in Time Square this past week to show how much added sugar kids consume every 5minutes in America. My first thought was, how much do their parents consume? Of course there is the obvious sugar consumption from desserts, but also every coffee treat

piled high with whip cream, on the go snack bars, BBQ sauce, even vitamin chews, sugar is everywhere. Many nutrition labels now have “added sugar” listed. Adults should consume no more than 48grams of added sugar (based on 2000 calorie diet, which many of us should be on less). (More on this in the future).

- Choose lean protein – Make sure to choose lean protein sources, but don’t get stuck on chicken. Review my June newsletter on Louisiana Seafood for ideas on lean protein.
- Include healthy fats – include but do not over indulge. Yes, avocados are very nutritious, but limit your serving to ¼ of an avocado per day. Nuts too can be a low sugar snack, but be sure and measure out your portion to not over eat. Olive oil is healthy, but only with good portion control.
- Portion control – you know what your plate looks like. If it seems like a lot, cut back, eat slow, and drink water.

Knowing the basics of nutrition is often not the problem. It is the implementation. In order to meet those recommendations some suggestions are:

- Bring your lunch to work
- Cut back on eating out
- Cook dinner

- Eat a healthy breakfast, at home
- Drink more water, and less of all other beverages
- Get the whole family on the same plan
- Write it down

The best tool in making changes to your eating habits or to double check if you are eating as well as you think, is keeping a food record. There are many ways to be successful in recording your foods, you just need to find what works for you. There are plenty of apps these days, a free one is “MyFitnessPal”. Give record keeping a try...

Motivation

It can be very challenging to motivate your child to eat well. As parents we can’t “create” motivation. Our kids need to appreciate the importance of eating, sleeping, and training before they will be motivated to take care of it themselves. Jonathan F. Katz, PhD (licensed sports psychologist) emphasizes that one of the most potent influences in a young athletes’ eating is what they see at home from their parents on a daily basis. “Fueling for a sport is simply an extension of what’s eaten at home,” Katz reminds us.



Monthly challenge:

Teenage Athlete- Support mom and dad in their efforts to make the family healthier as they lead by example.

Parents – Start or continue to make sure you are setting a good example when it comes to exercise and healthy eating. While you may be able to control (or think you are controlling) your child’s exercise and nutrition now, one day they will make their own choices, so be sure to set a good example. These monthly newsletters will be geared to your athletic children; however, good nutrition is universal, so be sure you set your own goals as well.