

OCTOBER NUTRITION NEWS

HAPPY FALL FROM BETSY BOOTCAMP!



The autumn/ fall season is full of tempting treats and lots of delicious foods, festivals and holidays, but as a gymnast, October is a critical month for building endurance, strength, and competition readiness. It's easy to get sidetracked by sugary snacks, but sticking to a balanced, nutritious diet will set you up for success. Eating too much sugar can lead to energy crashes, slower recovery, and hinder your training progress.

Instead, focus on fueling your body with nutrient-rich foods like lean proteins, whole grains, fruits, and vegetables. Have a plan in place to enjoy a treat or two in moderation while staying committed to your goals. Preseason is your foundation—don't let Halloween treats derail the hard work you've put in!

PS: You are a KID! And Betsy is NOT the food police! So enjoy your treats of course! I'm not saying to cut out ALL fun and snacks, just make good choices, Ok, we don't want you to literally turn into a Reese's pumpkin :)



October is Here!

Fall Foods That Are Critical For A Gymnast

October brings some amazing signature foods, lots of delicious gourds, chili, fruits and veggies too! Here are my top October foods for gymnasts!

Beans: Beans, such as black beans, kidney beans, and chickpeas, are rich in plant-based protein, fiber, and complex carbohydrates, making them perfect for sustained energy throughout the day. They're also high in essential minerals like iron and magnesium, which are key for muscle growth and recovery. Beans are a seasonal staple that gymnasts can rely on for both energy and muscle repair.

Pumpkin: Packed with antioxidants, fiber, and vitamin A, pumpkin helps with muscle repair and keeps energy levels steady. Pumpkin seeds are also a great source of protein and healthy fats, making them a fantastic snack on the go.

Brussels Sprouts: These are loaded with vitamin C and fiber, which support immune function (especially helpful during travel) and aid in muscle recovery. They also contain a good amount of plant-based protein.

Apples: Apples provide a quick, natural energy boost with their fiber and carbohydrate content. They also contain quercetin, an antioxidant that helps improve endurance and recovery!

Beets: Beets are a great source of natural nitrates, which can improve blood flow and endurance during workouts. They also help reduce inflammation and improve muscle recovery after training sessions.



HERE ARE SOME MORE OF MY FAVORITE OCTOBER FOODS FOR GYMNASTS!



Butternut Squash

Great source of fiber, potassium, vitamin C, and choline supporting heart and cardio health for more endurance!

Rich In antioxidants to fend off Fall viruses



High fiber content helps promote a healthy digestive tract. A strong digestive track = a strong mind, focus and balance!



Cauliflower

Anti-inflammatory properties for sore muscles and joints post practice!

Improved brain function due to choline which is a compound that aids in cognitive health



Supports digestive health, is water dense which helps athletes function on a cellular level



HERE ARE SOME MORE OF MY FAVORITE OCTOBER FOODS FOR GYMNASTS!



Dark Chocolate

Contains flavonoids which help protect cells from damage and keep skin, muscles and joints healthy

Provides iron, magnesium, and zinc for maximum muscle and brain function!



Better option for athletes as a lower glycemic index than milk chocolate, which helps with better blood sugar control and energy!.



Betsy's Favorite October Foods For Gymnasts!

Sweet Potatoes

Source of beta-carotene for quick reaction time for performance

High Fiber Content to keep digestion moving



Great energy source for long practices and long days at school



HERE ARE SOME MORE OF MY FAVORITE OCTOBER FOODS FOR GYMNASTS!

Salmon

Source of protein and Omega 3 Fatty Acids to build, repair and aide in muscle growth as well as brain function

Source of Vitamin D to keep athletes immunity high during flu months

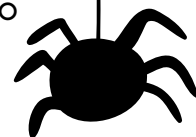


High in Antioxidants which build immunity and cellular strength for skin, bones, and muscles in the pre-season

ATTENTION GYMNASTICS PARENTS!



It's expensive to eat healthy while on a budget! However we know healthy eating is crucial for our very busy student athletes! Here are three tips to help athletes stay on a budget while maintaining a healthy diet



BUY SEASONAL AND LOCAL PRODUCE

Seasonal fruits and vegetables are not only fresher but also more affordable. In the fall, stock up on in-season produce like apples, squash, sweet potatoes, and beans. Check out local farmers' markets for better deals and fresher options.

PLAN AND PREP MEALS AHEAD

Meal planning helps you avoid last-minute, expensive takeout. Create a weekly menu that includes budget-friendly, nutrient-dense foods, then prep meals in bulk. This also saves time and ensures you always have healthy meals and snacks on hand.

OPT FOR AFFORDABLE PROTEIN SOURCES

Eggs, beans, lentils, and canned tuna are all cost-effective sources of protein that can be easily added to meals. These foods are great for muscle repair and growth without breaking the bank.



BETSY'S YUMMY GYMNAST RECIPES OF THE MONTH

Feeling like you want to get into the kitchen? As the weather gets cooler, the cooking bug hits us all! Here are three healthy and fun Halloween-themed recipes that are perfect for in-season gymnasts. They are packed with nutrients for energy, recovery, and muscle growth while still keeping the spooky Halloween spirit alive!



Jack-O'-Lantern Stuffed Peppers

These adorable stuffed peppers are packed with lean protein, veggies, and whole grains—perfect for a balanced meal before or after practice.

Ingredients

- 4 orange bell peppers (for the “pumpkin” look)
- 1 cup cooked quinoa or brown rice
- 1/2 pound ground turkey or lean beef
- 1/2 onion, diced
- 1 zucchini, diced
- 1 can (15 oz) black beans, drained and rinsed
- 1/2 cup salsa
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper to taste
- Olive oil

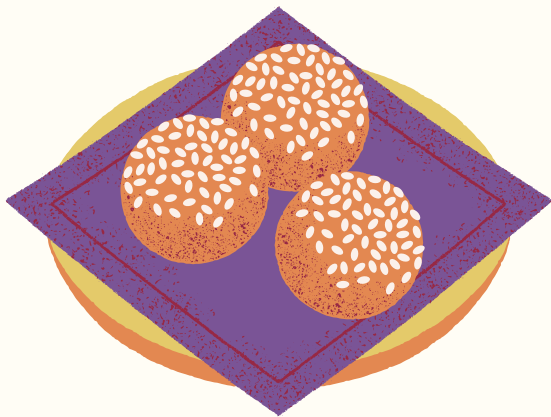
Instructions

1. Preheat the oven to 375°F (190°C). Cut the tops off the bell peppers and remove the seeds and membranes. Carve jack-o'-lantern faces on the front of each pepper with a small knife.
2. In a large pan, heat olive oil and sauté onions and zucchini until soft. Add ground turkey, cumin, chili powder, salt, and pepper, and cook until browned.
3. Stir in quinoa (or rice), black beans, and salsa. Cook for 2-3 more minutes.
4. Stuff the mixture into the bell peppers and place them in a baking dish. Put the tops back on and bake for 25-30 minutes until the peppers are tender.

BETSY'S YUMMY GYMNAST RECIPES OF THE MONTH

Spooky Spider Energy Bites

These no-bake bites are great for a quick, healthy snack, providing a burst of energy from oats, nut butter, and seeds—perfect before a workout or between school and practice.

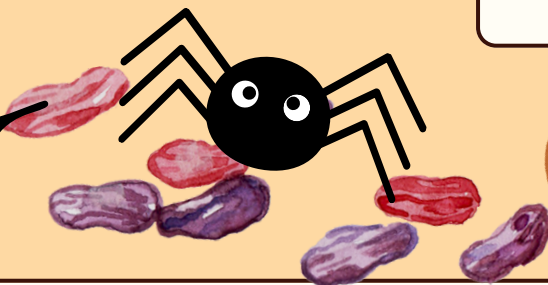


Ingredients

- 1 cup oats
- 1/2 cup almond butter (or peanut butter)
- 1/4 cup honey or maple syrup
- 2 tbsp chia seeds
- 2 tbsp flax seeds
- 1/4 cup dark chocolate chips
- Pretzel sticks (for the spider legs)
- Raisins or mini chocolate chips (for the eyes)

Instructions

1. In a large bowl, mix together oats, nut butter, honey, chia seeds, flax seeds, and dark chocolate chips until well combined.
2. Roll the mixture into small balls and place them on a baking sheet lined with parchment paper.
3. Stick 4 pretzel sticks into each side of the energy bites to create "spider legs."
4. Press two raisins or mini chocolate chips on top to create the spider's eyes.
5. Refrigerate for 20 minutes to set.



BETSY'S YUMMY GYMNAST RECIPES OF THE MONTH

Ghostly Banana Bites

A simple, spooky snack that's full of potassium, antioxidants, and protein—ideal for recovery after practice!



Ingredients

- 2 bananas
- 1/2 cup Greek yogurt
- 1/4 cup dark chocolate chips (or mini chocolate chips)
- 1 tbsp peanut butter (optional, for extra protein)
- Small pretzel sticks

Instructions

1. Cut bananas in half and insert a pretzel stick into each one as a "handle."
2. Dip the bananas into Greek yogurt to coat them, then place them on a baking sheet lined with parchment paper.
3. Use dark chocolate chips to create ghostly eyes and a mouth on each banana.
4. Freeze for at least 1 hour until the yogurt is firm.



Note from Betsy

Lets' Talk: Is Nutrition a Priority in Your Gymnastics Training?



As gymnasts, we know the importance of training hard to master our routines and build strength. But did you know that what you eat is just as important as how you train? Nutrition plays a key role in fueling your body, aiding recovery, and ensuring peak performance during competitions. It's not just about eating enough—it's about eating the right foods at the right times to support your body's needs. Here are a few tips on how to make nutrition a priority in your training routine.



NOTE FROM BETSY

1. Think of Food as Fuel

Your body is like a high-performance engine, and it needs the right fuel to function at its best. Prioritize foods that give you long-lasting energy, like whole grains, fruits, vegetables, and lean proteins. These foods not only provide the energy needed for long practice sessions but also contain important vitamins and minerals that help your muscles recover and grow stronger. For example, before practice, focus on complex carbohydrates, like brown rice or whole-wheat pasta, paired with a lean protein, such as chicken or fish. After practice, a snack with protein and carbohydrates, like Greek yogurt with berries or a smoothie, will help your body recover and repair.

2. Stay Hydrated

Hydration is often overlooked, but it's essential for gymnasts. Dehydration can lead to fatigue, cramps, and decreased focus—none of which are good for performing at your best. Make sure you're drinking water throughout the day, not just during practice. A good rule of thumb is to sip water regularly and aim for at least half your body weight in ounces of water each day. If you're training for long hours or in a hot environment, consider adding an electrolyte-rich drink to replenish lost minerals and keep your energy levels stable.

3. Plan Ahead and Pack Your Snacks

Gymnasts often have packed schedules with school, practice, and travel. To ensure you're fueling your body properly, take the time to plan and pack nutritious snacks. Keep snacks like nuts, seeds, fruit, or whole-grain crackers in your gym bag or locker. These options are quick, portable, and provide the necessary nutrients to keep you energized between classes and practices. By having healthy snacks on hand, you're more likely to avoid reaching for less nutritious options like candy or chips when hunger strikes.

4. Prioritize Recovery Meals

After intense training, your muscles need to repair and rebuild. What you eat in the first 30 to 60 minutes after practice is crucial for recovery. Make it a habit to have a recovery meal or snack that includes both protein and carbohydrates. Protein helps rebuild muscle tissue, while carbohydrates replenish glycogen stores (your body's energy reserves). Some great recovery options include a turkey sandwich on whole-grain bread, a smoothie with spinach, bananas, and protein powder, or a rice bowl with grilled chicken and vegetables. These options not only aid recovery but also help prepare your body for the next workout.

5. Make Consistency a Habit

Just as consistency in practice leads to better skills, consistency in nutrition leads to better performance. Make balanced eating a daily habit, not just something you do before or after competitions. By keeping your nutrition on point year-round, you're building a strong foundation that supports your training and competition goals. Remember, you don't have to be perfect. The goal is progress, not perfection. Listening to your body's needs and prioritizing nutritious food will make a big difference over time. By thinking of food as fuel, staying hydrated, planning ahead, prioritizing recovery, and being consistent, you'll set yourself up for long-term success in the gym.