



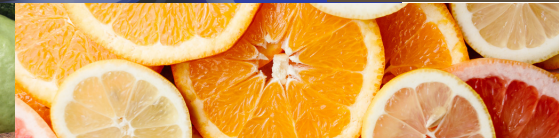
# BETSY'S KITCHEN FEBRUARY

*Fight Mid-Season  
Body Breakdown  
with Seasonal  
foods*



## GET TO THE ROOTS!!!

Root Veggies are in season! These underground vegetables are powerhouses of carbohydrates, vitamins, minerals and healing energy. Parsnips, beets, potatoes, onions, turnips, carrots, celery root and radishes all fall under the family of root veggies. Each of these have edible roots as well as a stalk/leaves or part of a plant that are edible.



## POMES AND CITRUS?

Pome Fruits like apples, pears and quince are fruits that have a "core" of several small seeds surrounded by a tough membrane. These along with citrus and mango are excellent February fruits to grab, mid workout for an energy boost.



## POWERFUL VITAMINS AND MINERALS

Powerful vitamins, minerals and fiber are found both in pome fruits and root vegetables. For instance in many pome fruits as well as root vegetables, you will find vitamin C for immunity, vitamin A for skin, beta carotene, folate and manganese and calcium for strong bones and healthy blood flow.

## BETSY'S MESSAGE

February is a common month for injuries. Many athletes are hitting harder surfaces and bodies are simply sore, tired and starting to break down. I focus this month a LOT on recovery and repairing foods because they are foods that will not only help the body repair, but will keep bodies healthy throughout the rest of the season. In general, athletes need to be eating more protein during this time. Join me for this months tips and reminders!





## FEBRUARY FUNCTIONAL FOODS

Here are my TOP functional foods for gymnasts that are IN SEASON during February, and some ideas on how your gymnast can make them part of her meal plan!

**Avocado:** Make homemade guacamole- eat with whole grain crackers or rice cakes and salsa- Inflammation buster!

**Asparagus:** bake or sauté with garlic and olive oil- Vitamin K= blood flow and cardiovascular health!

**Apples:** Slice up and eat with peanut butter pre-workout for lots of energy! An apple a day.....

**Beets:** Add to Spinach salads with a few crushed walnuts. Beets have great antioxidant power for immunity and cell strength!

**Bananas:** Mash into cooked oatmeal with honey and cinnamon. A vitamin and energy packed gymnast dream breakfast!

**Cauliflower:** Use a food processor to grind cauliflower into small pearls then boil and mash. Add fresh garlic and coconut oil- a fun way to get more veggies into a gymnast's diet!

**Celery and Carrots:** Mid workout snacking! Match the veggies with homemade ranch Greek yogurt dipping sauce- Protein and vitamin A is an amazing recovery duo!

**Mango Salsa:** Spice up your fish tacos by adding chopped mango and purple onion, a fun way to get your athletes to eat omega rich fish to fish inflammation! Or add to an avocado!

**Citrus:** Orange smoothies for breakfast! Replace your morning juice by using Greek yogurt, fresh oranges and honey with ice instead. YUMMY vitamin C for immunity boost!

**Pears:** Add slices to grilled chicken salads with a little balsamic vinaigrette for a delicious lunch filled with fiber and vitamin C!

**Sweet Onions:** Sauté onions and add to veggie stir fries. Onions are packed with allium an anti-fungal, anti-bacterial compound that helps build immunity!

**Turnips:** (See recipe of the month!) A cool alternative to potatoes, packed with vitamins for healthy skin, anti-inflammatory vitamins and calcium for bones! Bake or boil them and add fresh lemon and rosemary for a side dish!

**Winter Squash:** Spaghetti squash is my favorite! Make as a side dish with some tomato sauce and fresh mozzarella for a yummy dinner and pasta alternative.

## REPAIR THE BODY

*REMINDERS for Mid-Season Breakdown*

**REMEMBER:** The competition season is tough on your body! Minimize your Inflammatory response and increase green veggies, citrus fruits and berries.

**REMEMBER:** Protein is the building blocks of your bones, muscles and joints. Keep intake high. We recommend .55-.77 grams of protein per pound of body weight per day. Examples are: lean meats, lentils, legumes, eggs, fish, soy, green vegetables, nuts and seeds.

**REMEMBER:** Vitamin C is essential for wound healing. You will find it in citrus, fruits, veggies, colorful bell peppers, oranges and sweet potatoes.

**REMEMBER:** Eat more omega 3's: Healthy fats are essential to calm inflammation and help brain health. Fatty fish, olive oil, seeds, nuts and pumpkin seeds are great examples.

**REMEMBER:** Vitamin A is critical for skin health, immunity, and cell reparation. Foods like bananas, carrots, squash and broccoli are all great sources especially during the competition season when skin takes a beating

**REMEMBER:** Get your zinc! This amazing and essential micro nutrient is important for immunity and wound healing. You can find zinc in beef, almonds, seeds, sunflower, flax seeds, shellfish and beans.

**REMEMBER:** Increase Vitamin D Rich Foods: "D" helps with reduction of inflammation, increases protein synthesis and the absorption of calcium for strong bones! Cheese, organic dairy, eggs, meat, cottage cheese are top choices from me!





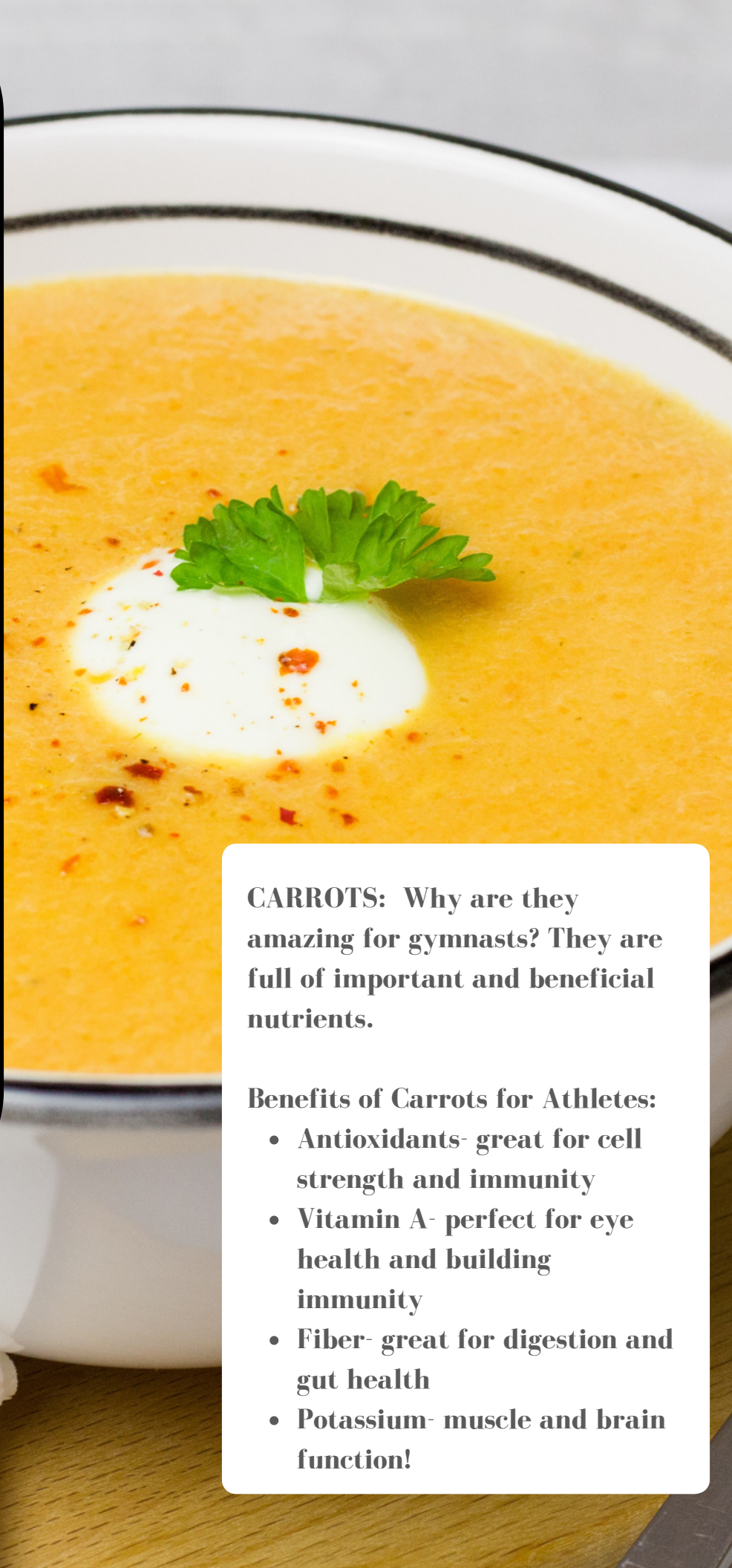
## **RECIPE OF THE MONTH: DELICIOUS CARROT SOUP**

### **INGREDIENTS:**

- **1 TABLESPOON OLIVE OIL,**
- **1 MEDIUM ONION, MINCED,**
- **1 POUND CARROTS, THINLY SLICED (450 GRAMS)**
- **1 TEASPOON FRESH GINGER, GRATED,**
- **3 CUPS LOW SODIUM VEGETABLE STOCK,**
- **SALT, TO TASTE**

### **INSTRUCTIONS:**

- **IN A 3-QUART (3-LITER) POT, HEAT THE OIL. ADD MINCED ONION, SLICED CARROTS AND GRATED GINGER AND SAUTE THIS FOR ABOUT 3 MINUTES, STIRRING SO THAT THE GINGER DOES NOT GET BURNT.**
- **POUR IN VEGETABLE STOCK, SEASON WITH A PINCH OF SALT AND COVER WITH LID. BRING TO A BOIL. REDUCE THE HEAT TO LOW AND SIMMER COVERED UNTIL THE CARROTS ARE TENDER (ABOUT 20 MINUTES).**
- **WHEN READY, PUREE THE SOUP AND TASTE. ADD MORE SEASONING, IF YOU FEEL IT IS NEEDED.**
- **ENJOY!**



**CARROTS:** Why are they amazing for gymnasts? They are full of important and beneficial nutrients.

#### **Benefits of Carrots for Athletes:**

- **Antioxidants-** great for cell strength and immunity
- **Vitamin A-** perfect for eye health and building immunity
- **Fiber-** great for digestion and gut health
- **Potassium-** muscle and brain function!



## CAFFEINE- GOOD CHOICE FOR THE GYMNAST OR ATHLETE?

This is a topic I get a lot of questions about, and I wanted to put together a comprehensive article for you as well as my own personal feelings regarding coffee, tea, and caffeine in general.

Let's start with some stats. Studies have proven that drinking caffeine is effective in enhancing concentration, decreasing muscle pain, helping with inflammation, increasing energy and performance, also loading the body up with anti-oxidants.

All great things for athletes, right?

SO what about YOUR KID athlete??

Let's start with children and some hard core info from the Mayo Clinic. "Though adults can safely consume up to 400 mg of caffeine per day, according to the Mayo Clinic, kids and teens age 12-18 should limit their intake to 100 mg per day. The American Academy of Pediatrics (AAP) recommends that children younger than 12 should not consume caffeine at all." (www.tchc.org)

NOW that we know kids between 12-18 should limit caffeine to 100 mg per day, What is the recommended dosage for an athlete?

Based on my studies, research and numerous documents, I have found the general recommended amount to be 136mg to 204mg or 2mg to 3mg of caffeine per kilogram of weight per day. Keep in mind, One cup of coffee contains about 95 to 100 mg of caffeine....

So, one cup a day at 95 mg of caffeine would be perfectly fine and even possibly beneficial to a teenage athlete.....keep reading below.....



Let's remember, although many shun giving caffeine to kids, many of them are already getting plenty of caffeine from other drinks like soda, energy drinks, teas and even chocolate. Many of them under the age of 12.

So what about Tea?

Tea leaves actually contain 3.5 % caffeine while coffee beans have 1.1-2.2 % caffeine.

BUT.... The brewing process of coffee extracts more caffeine from the beans,, so a cup of coffee is definitely more caffeinated.

Here are the stats:

There are 27 MG of caffeine in one cup of green tea. (Plus loads of other health benefits and immunity boosting benefits)

There are 95 mg 8 ounces of black coffee. There are 47 mgs of caffeine in in Black Tea ( a lot more than green!)

Keep in mind that taking a stimulant like caffeine can have some adverse affects, especially if you have acid reflux, are sensitive to caffeine etc.

So it's not FOR everyone! There is also research that suggests caffeine actually decreases energy levels in autistic and adhd Children....researching this more...



## MY FINAL THOUGHTS...

So, what's my take?

If you have an athlete between the ages of 12- 30 or even higher, drinking a cup of coffee or a glass of tea provides not only health benefits but also athletic benefits.

Personally, I have given my elite teenage athletes coffee in their meal plans! Especially when they have early morning practices.

Every kid is different. So use your judgement and speak with your physician regarding the use of any supplements or stimulants.

My opinion and this article is in no way pushing you to use coffee as an exercise stimulant, but rather to give you information to make your own decisions.

If you DO decide to incorporate coffee, my recommendation is that this is not a free STARBUCKS pass to get a Frappuccino, mocha latte with whip everyday! :) Everything in balance!

These drinks are loaded with excessive sugars that should be reserved for treats! In general, drink coffee and tea in moderation for best results!!

For me it's one of life's biggest pleasures! But also a parental and personal choice, so seek advice from your Dr. As well!



Dear Gymnast,

Just a friendly reminder, that although we push FUNCTIONAL foods in Betsy Bootcamp, let's not forget to CELEBRATE all of your wins this season. And occasionally that means having a chocolate sundae, a huge piece of cake or even your favorite candy bar! Remember, the more better choices you make, the MORE the FIFTH EVENT will become a habit. We all can't be perfect and we all should enjoy a slice of cake after an amazing competition, The key is to eat everything in balance,,, so go ahead, eat your functional foods,,your greens and your berries, but also have your cake! Happy Competing my friends!

Sincerely, your nutrition coach,,, Betsy

