



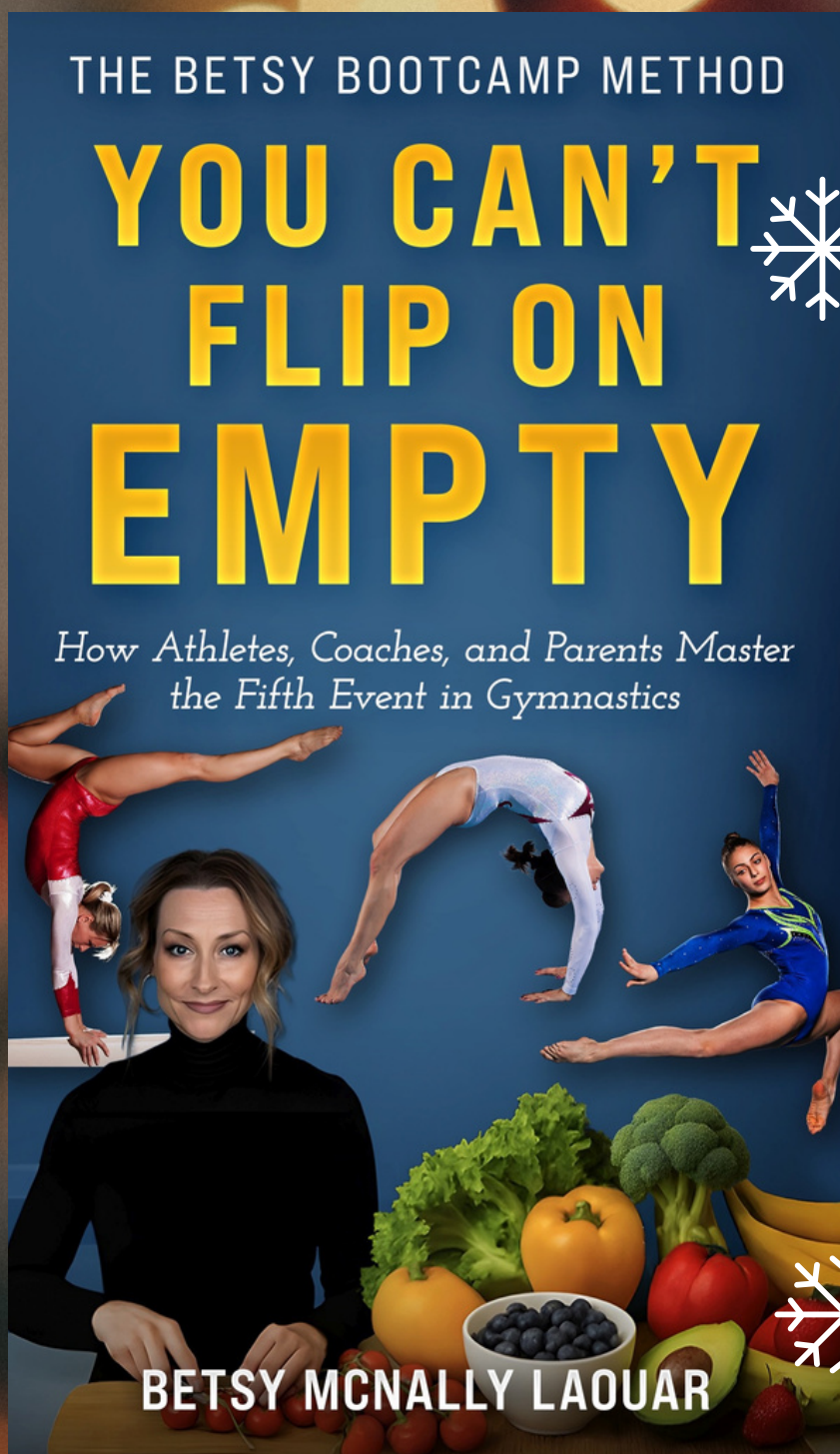
HAPPY HOLIDAYS FROM BETSY'S KITCHEN!

DECEMBER 2025

Bring in the Holidays with You Can't Flip on Empty!

Happy December! This month we will discuss inflammation and how you can battle it this holiday season!

Also, we have a great gift ideas for you! Check out Betsy's You Can't Flip on Empty! The **MUST HAVE** book for anyone who is a gymnast, gymnastics coach or is a parent to a gymnast. If you love a gymnast get your copy here!



Gymnasts Notes: WHAT IS INFLAMMATION?

- Inflammation is a normal healing response to short-term injuries.
- When it sticks around, it can block recovery and reduce gym performance.
- It's tied to many long-term diseases and it makes you feel **SORE**, have cloudy brain and tired!
- Lower your risk with good sleep, smart training and recovery, and an eating pattern that cuts processed foods while boosting fiber, healthy fats, omega-3s, and antioxidants.



- Build meals around whole plant foods and complex carbs; keep animal proteins moderate (greens and beans have protein!)
- Favor healthy fats and omega-3s: olive oil, walnuts, chia, avocado, salmon, sardines, shrimp.
- Swap processed foods for colorful, fiber-rich choices to calm inflammation and boost training.



**ANTIOXIDANT RICH FOODS HELP CALM INFLAMMATION,
BUILD STRONG SKIN AND BONES FOR GYMNASTS!**

CAROTENOIDS



POLYPHENOLS



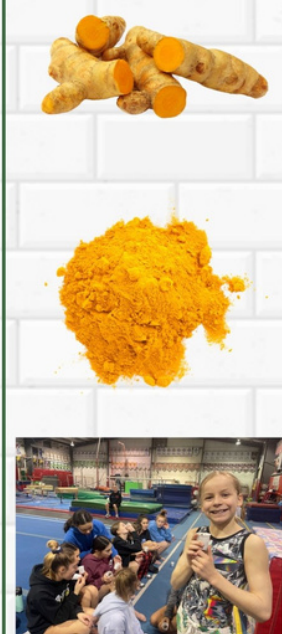
INDOLES



LIGNANS



CURCUMINOIDS



Anti-Inflammatory Breakdown: What helps, what hurts?

So now we know what inflammation it is,, what are the major groups of food that fight inflammation and what are the foods that cause inflammation and make us feel icky!?

HIGH FIBER FOODS HELP CALM INFLAMMATION IN A GYMNAST BODY



FATS CAN HELP OR MAKE INFLAMMATION WORSE FOR A GYMNAST

MONO AND POLY UNSATURATED FATS (OMEGA 3'S) HELP!

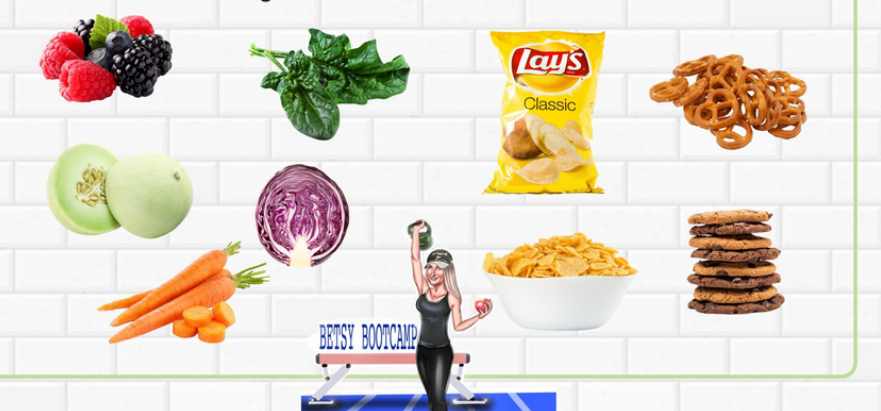
SATURATED FATS AND TRANS FATS (OMEGA 6'S) HURT!



CARBOHYDRATES CAN HELP OR MAKE INFLAMMATION WORSE FOR A GYMNAST

Whole Carbohydrates That HELP Stabilize blood sugar

Processed Carbohydrates That make inflammation worse Spike blood sugar



Fight Inflammation this Holiday Season! 3 Tips to Remember!

Holiday treats are everywhere—sweets, pies, and processed snacks!!

Aim for more foods that calm inflammation; add them to your plate first!!

Enjoy a little, don't chase perfect. For more energy and less soreness, see the list below.

Fight Inflammation: The Power of Food

Follow the guide below for a weekly focus of foods that can be used to create an anti-inflammatory diet. Change items in each category based on preferences and swap for similar foods. For example, if you don't prefer kale, replace with another leafy green like romaine. Have a nut allergy? Replace pecans with sunflower seeds.

6

VEGETABLES

Broccoli
Carrots
Zucchini
Bok choy
Butternut squash
Kale
Green Beans

5

STARCHES

Quinoa
Chickpeas
Sweet potato
Whole-grain pasta
Brown Rice
Peas

4

FRUITS

Apples
Grapes
Blueberries
Oranges
Clementines
Kiwis
Bananas

Convenience items:

Jarred tomato sauce
Instant oatmeal
hummus
Frozen cauliflower rice

3

PROTEINS

Chicken
Beef
Shrimp
Salmon
Turkey
Tofu

2

FATS

Sesame seeds
Avocado
Walnuts
Pecans
Almonds
Olive oil

1

SEASONINGS

Lemon-Garlic
Turmeric
Cumin
Herbs De Provence
Cinnamon

Suggested Meal Pairings

Breakfast: Oatmeal, bananas and cinnamon

Lunch: Salmon, broccoli, quinoa

Dinner: Shrimp, whole grain pasta, Kale salad

Betsy's Classic, Anti-Inflammatory Brussels Sprouts Soup

Feeds 10

Ingredients

8 cups of fresh Brussels sprouts cleaned
1 onion chopped
3 tablespoons of olive oil
Garlic powder or fresh garlic
Turmeric
Cumin
Sea salt
Pepper
You need water as well as a soup blender.



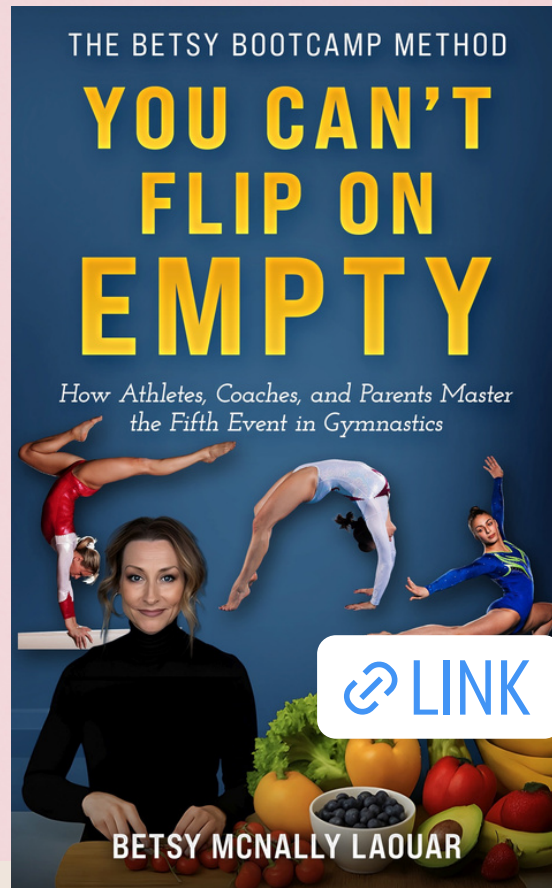
Directions: Clean the Brussels Sprouts thoroughly with cold water. Next, grab a very large pot and add the olive oil and chopped onion over medium heat. Sauté for 3-5 minutes until soft. Next, add the Brussels sprouts, 1 tablespoon of sea salt, 1 tablespoon of pepper and sautéed for another 5 minutes. Next add water over the Brussels sprouts until fully covered plus another cup. Add 1 tablespoon of garlic, cumin and turmeric. Bring to a boil for about 30 minutes or until sprouts are soft.

Remove from heat and let cool about 10 minutes. Grab your soup mixer and gently blend the soup, making sure you chop up each sprout thoroughly. Add more salt and pepper to taste! Simple, fresh, functional and yummy!



Happy Holidays!

Betsy has you covered with three of her amazing nutrition books!
Get The Links Below and Gift a Gymnast or Coach!



Holiday Reading

GET YOUR COPY OF GYMNACHEF 1 AND 2
FOR THE HOLIDAYS!

