



Breakfast of a Champion

by Jen DeWall RDN, CSSD, LD. Board-Certified Sports Dietitian



Jen works with ICYF to provide expert advice on sports nutrition and healthy eating to the students and families of Indianola. As a board-certified sports dietitian, Jen owns a private practice that focuses on helping athletes stay on the cutting edge with superior nutrition to enhance performance with safety and efficacy.

As an athlete, don't skimp on breakfast. It is unrealistic to think grabbing a piece of toast or pastry on your way to school (or worse yet, not eating at all) is going to tide you over until lunch. You don't have to wake up extra early to sit down and have a full course meal but should be eating at *least* 400 calories (many athletes will need to eat more than this, depending on your size and activity level.) This can be achieved even for busy athletes who like to push the snooze button.

A healthy breakfast should consist of whole grains which are high in B vitamins that help to unlock your body's natural energy and protein to keep you satisfied longer. Breakfast is also a great time to get some fruit, low-fat dairy or even veggies!

Breakfast of a Champion Blueprint

1-2 servings whole grain

1 serving fruit

1-2 servings protein

1 serving low-fat dairy/dairy substitute

- Tortilla spread with peanut butter and wrapped around a banana with 1 cup milk/milk sub.
- Frozen Breakfast Burrito* with grapes and yogurt
- Greek yogurt topped with fresh berries and whole grain English muffin, toasted with no sugar added jam
- High protein oatmeal (Kashi Go Lean®) made with milk. Add in dried fruit.
- Mix peanut butter, honey and raisins into 1 cup cooked quinoa. Drink with 1 cup milk/milk sub.
- Toss dried fruit and a handful of nuts in with air-popped popcorn. Have with yogurt.
- Toast two whole grain waffles and top with Nutella and sliced banana, have with 1 cup milk/milk sub and 1 piece string cheese
- 1 cup of cottage cheese with sliced pineapple, 1 mini bagel with light cream cheese and 1 cup calcium fortified orange juice
- 2 hard-boiled eggs, whole grain granola bar with an apple and 16 ounces low-fat chocolate milk/milk sub
- Smoothie: Juice Plus+® protein powder with 1 cup milk of choice, frozen fruit, baby spinach

* Accepted brands include GOOD Food Made SIMPLE and evol. Or make your own and freeze.



Are you typically not hungry in the morning? Think about what you ate the night before. If you did some late-night snacking or ate a big dinner late, you probably aren't hungry. Instead of eating later in the day, shift your focus to eating more in the morning. Eating breakfast is a must when it comes to fueling your body for success. If you're not hungry, start by drinking 8-12 ounces of 100% juice with no added sugar and 1-2 small energy balls or a small tolerable nutrition bar with protein.

Not a fan of typical breakfast-type food? No problem. It's okay to eat leftovers from the night before or even make yourself a turkey sandwich to go. It is more important that you eat something to get your metabolism going than not eat at all. You may also want to select from one of the snack ideas in the "On the Go Snacks for Athletes" ICYP guide.

NOTE: Proper fueling in the morning is essential. At times a nutrient timing taper can be warranted to get an athlete to begin feeling hungry and eating breakfast. If you have questions, concerns or would like a specified nutrient-timing plan, please contact Jen DeWall RDN, CSSD, LD to schedule a complimentary 15-minute sports nutrition coaching call.

Email: jdewall@nutritioninmotion.info

Call/text: 515.343.7241

nutritioninmotion.info