HIGHLANDER HINT OF THE WEEK:
"helpful reminder for high level nutrition"

Plan Ahead!
If you have early morning practice, class, or are just busy throughout the day, it can be hard to eat well for performance. Plan ahead for those busy times by pre-packing snacks and preparing meals that will supply leftovers for the week. See the recipe below!
- Abby Bellows—nutrition coach

Overnight Oats

**Ingredients:**
1/2 cup of oats (old-fashioned or quick)
~3/4 cup of milk, milk alternative, or water
Add bananas, berries, dried fruit, nuts, peanut butter, honey, or cinnamon to jazz it up

**Directions:**
1. Mix all ingredients in a mason jar or other container with a lid.
2. Store in the refrigerator overnight.
3. Grab in the morning and go! You can heat up or eat cold.

FAQ OF THE MONTH

**What fruits and vegetables are in season for spring and summer?**

**April/May:**
Fruits—Apricot, Honeydew, Mango, Oranges, Pinapples, Strawberries
Vegetables—Asparagus, Broccoli, Corn, Green Beans, Artichokes, Collard Greens, Spinach, Swiss Chard, Peas, Mushrooms, Snow Peas

**June/July/August:**
Fruits—Apricots, Cherries, Blackberries, Blackberries, Cantaloupe, Figs, Grapefruit, Grapes, Honeydew, Nectarines, Peaches, Passionfruit, Plums, Raspberries, Strawberries, Watermelon
Vegetables—Beets, Bell Peppers, Corn, Garlic, Tomatoes, Green Beans, Jalapenos, Okra, Shallots, Summer Squash, Zucchini, Gold Potatoes

April 2017

CRAMPING YOUR STYLE?

We all know there are things we can do to prevent cramping from an athletic training standpoint. Stretching and warming up properly can help reduce the risk of cramping. But did you know nutrition plays a key part in cramp prevention, too? We first want to make sure we are staying hydrated, especially on hot days. For every pound lost from exercise, we need to replace with 16-24oz. of fluids. Electrolyte balance plays a role in preventing cramps as well. During workouts when you are sweating a lot, be sure to replace those fluids lost with an electrolyte containing beverage. When electrolytes, particularly sodium, magnesium and potassium are depleted from the body (from sweat), it causes an involuntary spasm in the muscle known as a cramp. We must replace these key nutrients before, during and even after our workouts. Try a salty snack like pretzels, Goldfish or Cheez-Its as your pre-workout snack to help boost your blood sodium levels. Eating a varied diet, filled with fruits, vegetables, whole grains, lean proteins, dairy, and healthy fats can ensure your body is getting the energy it needs to perform at the highest level. If our muscles are fully fueled, they will fully perform!
- Matt Luongo, RD

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Try chocolate milk as a post workout recovery beverage. Ideally, the body needs carbs and protein in a 2:1 or 3:1 ratio and with 26 g of carbs and 8 g of protein in one cup, chocolate milk does just that! Have 2 glasses for an optimal amount.

Contact Matt Luongo, your Sports RD, or nutrition coaches, Tim, Abby or Pat at radfordsportsnutrition@gmail.com (Nutrition coaches supervisor Michelle Rockwell, MS, RD, CSSD—msrock@vt.edu)