



# COACH'S CORNER



A **seven-part guide** for providing basic nutrition education to your team!



# USING COACH'S CORNER

These materials have been provided to encourage nutrition education and support the overall health of your team. As a leader and mentor to young athletes, you can provide powerful guidance on the importance of eating well.

Over the course of multiple weeks, engage the students using the “Get Them Thinking” questions and “Coach’s Tips” as discussion points at the end of practice. As you regroup each week, start by asking how the athletes did with their “At-Home Practice.” The athletes that complete the task could help lead stretches, initiate the final break from a huddle, or another fun reward.

Remember to stay food, drink, and body positive throughout the discussions. All foods and drinks are acceptable in moderation. All bodies can be healthy bodies.



# WEEK 1:

## The Most Important Meal of the Day



### GET THEM THINKING

#### Ask your team:

- Who ate breakfast today?
- What kinds of foods do you often eat and drink at breakfast?

### COACH'S TIPS

#### Please share:

It's important to eat a healthy breakfast each day!

- Breakfast is important because it fuels your body to get off to a good start on your day!
- Breakfast helps you to focus so you can learn new things!
- Breakfast gives you energy to play!
- Breakfast counts if you eat it in the car, at school, or at home.

### AT-HOME PRACTICE

Challenge your team to help make or choose their breakfast in the morning. See if they can select 2-3 items from different food groups (dairy, protein, grain, fruit and/or vegetable).

#### Next Week:

Be ready to share if they were able to eat a healthy breakfast with at least 3 food groups!

#### Family Handout

Have copies available for each of your athletes to take home and share with their family. Let the parents know about the "At-Home Practice" for their athlete.



# WEEK 2:

## Think Your Drink



### GET THEM THINKING

#### Ask your team:

- What drinks do you have in a normal day?
- Do you get something to drink after practice or games?

### COACH'S TIPS

#### Please share:

- Everyday, try to drink mostly water and cow's milk. Try to avoid really sweet drinks (like soda).
- Milk is a refueling beverage, especially within 30 minutes after a workout.
- Milk contains natural electrolytes and carbohydrates which must be added to sports drinks (Gatorade, Powerade, etc.)

### AT-HOME PRACTICE

Challenge your team to see how many days they can go drinking only water and milk.

#### Next Week:

Have them report their success to their teammates during the next practice.

#### Family Handout

Have copies available for each of your athletes to take home and share with their family.



# WEEK 3:

## Eating in Color



### GET THEM THINKING

#### Ask your team:

- What vegetables or fruits have you eaten today?
- Let's name a fruit or vegetable for every color of the rainbow.
  - Red (apple, tomato, raspberry...)
  - Orange (orange, cantaloupe, carrot...)
  - Yellow (banana, yellow bell pepper...)
  - Green (broccoli, green beans...)
  - Blue (blueberries...)
  - Purple (cabbage, grapes, plum...)

Do you know how much of your plate is recommended to be fruits / vegetables? Half your plate!

### COACH'S TIPS

#### Please share:

- Make sure to eat all the colors of the rainbow.
- Fruits and vegetables have lots of nutrients that help you see well, keep you from getting sick, and keep your stomach feeling good!
- Juice does count as fruit, but regular fruit has extra nutrients for you!

### AT-HOME PRACTICE

Try to make at least half your plate fruits and vegetables this week and enjoy different kinds.

#### Next Week:

Have them share what they ate and see if together they created a rainbow of colors.

#### Family Handout

Have copies available for each of your athletes to take home and share with their family.



# WEEK 4:

## What Does Dairy Do for You?



### GET THEM THINKING

#### Ask your team:

- What kinds of food count as dairy? (milk, cheese, and yogurt)
- What is your favorite dairy food?

### COACH'S TIPS

#### Please share:

- Kids are not getting enough dairy servings and are recommended to have 3 servings a day.
- Dairy foods have a lot of nutrients to make your bones and teeth strong and help you see well.
- All cow's milk has the same nutrients – no matter if it's flavored, whole milk, skim milk, or lactose-free.

### AT-HOME PRACTICE

Encourage your team to count the number of dairy items in their fridge with their parents before the next practice/game.

- **Note:** Cream cheese, ice cream, and sour cream have dairy in them, but they have less nutritional value than other dairy sources.

#### Next Week:

Report back with the number and an example of a dairy item they ate or drank.

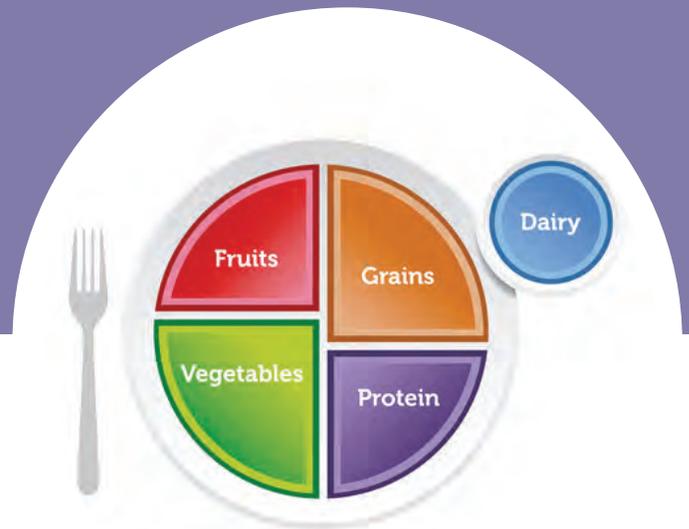
#### Family Handout

Have copies available for each of your athletes to take home and share with their family.



# WEEK 5:

# MyPlate



## GET THEM THINKING

### Ask your team:

- Who is familiar with the food groups – what are they? (fruits, vegetables, grains, protein, and dairy)
- What about MyPlate? Do you know how much we should be eating of each food group?

## COACH'S TIPS

### Please share:

Try using MyPlate to build your meals!

- Make half of your plate fruits and vegetables.
- Have one serving of dairy per meal (total of 3 per day).
- Grains include bread, crackers, granola/granola bars, and so much more!
- Protein includes eggs, chicken, peanut butter, tofu, beans, lentils, and so much more!

## AT-HOME PRACTICE

Ask athletes to be mindful of their “plate” at school, home, and restaurants.

### Next Week:

Have your team bring back the MyPlate Pledge with the areas marked that they were able to complete for the week.

### Family Handout

Have copies available for each of your athletes to take home and share with their family.



Handout



MyPlate Pledge

# WEEK 6:

# Snacks



## GET THEM THINKING

### Ask your team:

- Who likes snacks?
- What snacks do you like to eat?

## COACH'S TIPS

### Please share:

- Snacks help keep you from getting hungry before your next meal and overeating later.
- Snacks can be from any food group. A few good options could be:
  - Fruits – apple
  - Vegetables – carrots
  - Grains – crackers
  - Protein – jerky
  - Dairy – yogurt

## AT-HOME PRACTICE

Use your after-practice snack as an example. Identify any food groups from the snack—don't forget to include the drink (if having milk)!

### Next Week:

Be prepared to share 3 nutritious snacks you had over the week.

### Family Handout

Have copies available for each of your athletes to take home and share with their family.



# WEEK 7:

# Stay Active



## GET THEM THINKING

### Ask your team:

- Outside of school and this team, what do you do to be active?
- Does anyone know how much activity you should get in a day?

## COACH'S TIPS

### Please share:

- Play/Exercise for at least 60 minutes (or 1 hour) each day.
- Make sure to take hydration breaks during exercise.
- Physical activity can be playing on a playground, swinging, going on a walk, playing basketball, working in the yard, helping with chores—whatever you do that makes you move!

## AT-HOME PRACTICE

Provide your team with the Daily Journal. This handout will let them track what they are eating and drinking. It will help them identify the foods that they eat for a week within the food groups from MyPlate. It also has a place for physical activity.

### Next Week:

Turn in completed journals.

### Family Handout

Have copies available for each of your athletes to take home and share with their family.



# THINK YOUR DRINK

When it comes to nutrition **MILK** delivers! **8 fluid oz.** serving comparison

## Low-fat milk 1%

% Daily Value	
Total Fat	4
Saturated Fat	8
Total Carbohydrates	4
Protein	8 g
Vitamin A	16 ✓
Vitamin C	10 ✓
Vitamin D	30 ✓
Vitamin B <sub>12</sub>	20 ✓
Riboflavin	25 ✓
Phosphorus	25 ✓
Folate	4
Calcium	30 ✓
Sodium	4
Potassium	10 ✓
<b>100</b> CALORIES	<b>0 tsp</b> ADDED SUGARS



AVAILABLE IN SCHOOLS

## Fat-free Chocolate Milk

% Daily Value	
Total Fat	0
Saturated Fat	0
Total Carbohydrates	7
Protein	8 g
Vitamin A	16 ✓
Vitamin C	10 ✓
Vitamin D	25 ✓
Vitamin B <sub>12</sub>	20 ✓
Riboflavin	25 ✓
Phosphorus	20 ✓
Folate	2
Calcium	30 ✓
Sodium	7
Potassium	12 ✓
<b>120</b> CALORIES	<b>1.5 tsp</b> ADDED SUGARS



## Low-fat Chocolate Milk

% Daily Value	
Total Fat	4
Saturated Fat	7
Total Carbohydrates	8
Protein	8 g
Vitamin A	16 ✓
Vitamin C	8
Vitamin D	25 ✓
Vitamin B <sub>12</sub>	10 ✓
Riboflavin	35 ✓
Phosphorus	25 ✓
Folate	2
Calcium	30 ✓
Sodium	7
Potassium	12 ✓
<b>160</b> CALORIES	<b>3 tsp</b> ADDED SUGARS



AVAILABLE OUTSIDE SCHOOLS

## Orange Juice

% Daily Value	
Total Fat	0
Saturated Fat	0
Total Carbohydrates	10 ✓
Protein	2 g
Vitamin A	2
Vitamin C	140 ✓
Vitamin D	0
Vitamin B <sub>12</sub>	0
Riboflavin	6
Phosphorus	4
Folate	10 ✓
Calcium	2
Sodium	0
Potassium	13 ✓
<b>120</b> CALORIES	<b>0 tsp</b> ADDED SUGARS



## Water

% Daily Value	
Total Fat	0
Saturated Fat	0
Total Carbohydrates	0
Protein	0 g
Vitamin A	0
Vitamin C	0
Vitamin D	0
Vitamin B <sub>12</sub>	0
Riboflavin	0
Phosphorus	0
Folate	0
Calcium	0
Sodium	0
Potassium	0
<b>0</b> CALORIES	<b>0 tsp</b> ADDED SUGARS



## Vanilla Almond Beverage

% Daily Value	
Total Fat	4
Saturated Fat	0
Total Carbohydrates	5
Protein	1 g
Vitamin A	10 ✓
Vitamin C	0
Vitamin D	25 ✓
Vitamin B <sub>12</sub>	50 ✓
Riboflavin	25 ✓
Phosphorus	2
Folate	0
Calcium	45 ✓
Sodium	6
Potassium	3
<b>90</b> CALORIES	<b>4 tsp</b> ADDED SUGARS



## Sports Drink

% Daily Value	
Total Fat	0
Saturated Fat	0
Total Carbohydrates	5
Protein	0 g
Vitamin A	0
Vitamin C	2
Vitamin D	0
Vitamin B <sub>12</sub>	0
Riboflavin	0
Phosphorus	2
Folate	0
Calcium	0
Sodium	4
Potassium	1
<b>60</b> CALORIES	<b>3 tsp</b> ADDED SUGARS



## Cola

% Daily Value	
Total Fat	0
Saturated Fat	0
Total Carbohydrates	8
Protein	0 g
Vitamin A	0
Vitamin C	0
Vitamin D	0
Vitamin B <sub>12</sub>	0
Riboflavin	0
Phosphorus	2
Folate	0
Calcium	0
Sodium	0
Potassium	0
<b>100</b> CALORIES	<b>6 tsp</b> ADDED SUGARS



Percent Daily Values are based on a 2,000 calorie diet. Nutrients are highlighted if they contain at least 10% of the Daily Value. Percent Daily Values and Calories are rounded according to FDA rules for labeling. For purposes of comparison, all nutrients are those contained in 8 fluid ounces.

Nutrient values for products vary and are shown for illustration purposes only. Nutrient values shown are representative of products as reported in the USDA National Nutrient Database for Standard Reference (SR 28), except for fat-free chocolate milk. USDA NDB No.: Low-fat milk 1% 01082; Low-fat chocolate milk 01104; Vanilla almond beverage 14016; Orange juice 09209; Sports drink 14460; Cola 14148; Water 14411. Fat-free chocolate milk nutrient data is from TruMoo Nutrition Facts Panel (<http://www.trumoo.com/products>), and is provided as representative of the nutritional contents of fat-free chocolate milk typically offered in schools. Actual nutrient data may differ based on the particular fat-free chocolate milk product offered.

Sugars in beverages can include intrinsic and/or added sugars. Milk and orange juice naturally contain intrinsic sugars that are not considered "added sugars." Added sugars were calculated using the following information: 8 oz. of milk contains 12 g intrinsic sugar (lactose); 8 oz. of orange juice contains 21 g intrinsic sugars; all sugars in 8 oz. of orange juice contains 21 g intrinsic sugars; all sugars in 8 oz. of sports drink (13 g), and cola (16 g) are "added sugars."

Research suggests that post-workout is a vital time for athletes to Refuel, Rehydrate, and Repair.

- »» REFUEL your muscle's glycogen (carbohydrate) stores.
- »» REHYDRATE from your recent sweat loss.
- »» REPAIR lean muscle with the naturally occurring proteins and carbohydrates found in milk.

# AFTER EXERCISE, IT'S TIME FOR RECOVERY.



## CARB:PROTEIN RATIO

The right mix of energy sources to refuel exhausted muscles.



## B VITAMINS

convert food into energy.



## FLUIDS

Milk is 90% water, great for rehydrating and maintaining fluid balance.



## AMINO ACIDS

Dairy proteins, casein and whey, contain all nine essential amino acids needed to support muscle growth and repair.



## CARBOHYDRATES

Lactose, dairy's naturally occurring sugar, replenishes energy stores and helps transfer amino acids into muscle cells.



## CALCIUM + VITAMIN D

strengthen bones and help reduce the risk for stress fractures.



## ELECTROLYTES

Sodium, potassium and magnesium replace what's lost in sweat.



8 oz of MILK  
contains as  
much:

CALCIUM  
as 10 CUPS  
RAW SPINACH

POTASSIUM  
as ONE  
BANANA

VITAMIN A  
as 2 BOILED  
EGGS



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# COACH'S SURVEY

Please scan the QR code to provide feedback on Coach's Corner!

