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Ask Whitney!



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Why a sports nutrition issue?

A: For those of you not familiar with RAGBRAI (The Register's Annual Great Bike Ride Across Iowa), it's time to become acquainted. RAGBRAI is an annual seven-day bicycle ride across the state held in the last week of July. Heading into its 41st year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world. Not only does it bring exercise enthusiasts from all corners of the world, it also brings exercise newbies who want to spend seven days soaking up Iowa's July sunshine. Whether you've been training hard all year or you're hopping on your bike for the first time since you were a kid, there are some recommendations you should keep in mind to perform your best. Even if you're not participating in RAGBRAI this year, the information in this issue can be applied to any exercise routine to help you get maximum results.

Fareway is a proud sponsor of RAGBRAI

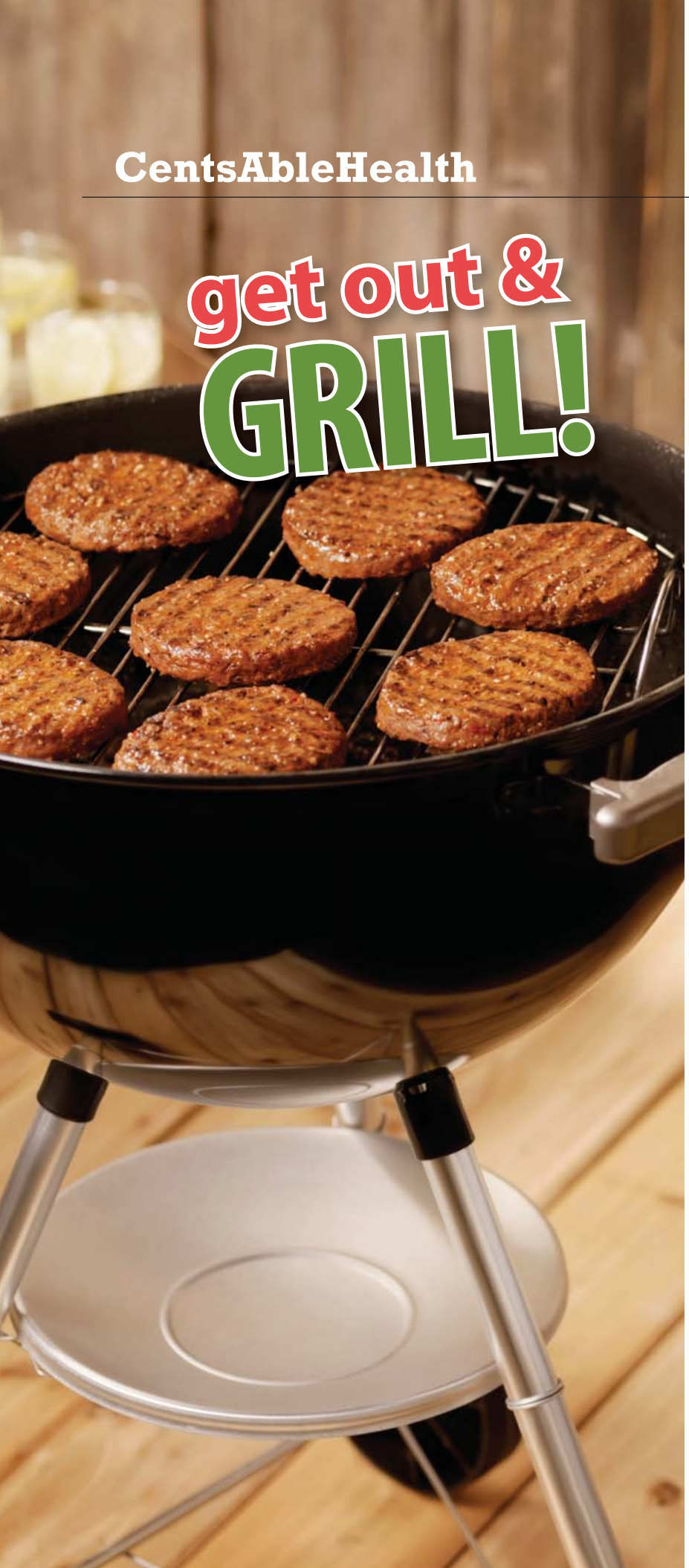
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CentsAbleHealth



get out & GRILL!

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EATING FOR maximum performance



If you're logging countless miles and hours endurance training, your body can't perform on sub-par nutrition. Endurance athletes have unique nutritional needs, and the foods they eat should meet three main goals:

- **Provide calories needed for exercise**
- **Restore glycogen**, the storage form of glucose that allows you to exercise tomorrow, too
- **Repair lean body mass to increase muscle size and strength**

CARBOHYDRATES

are the preferred fuel for endurance athletes, especially in the form of glycogen; therefore, it's important to consume a carbohydrate-rich diet, about 60–70% of total calories.

PROTEIN

isn't easily utilized for energy, but it's vital for muscle growth and repair. It also helps keep hunger pangs at bay during exercise. Aim for 12–15% of total calories from protein.

FAT

is vital for endurance athletes for three reasons: it provides essential fatty acids, aids in the absorption of fat soluble vitamins (vitamins A, D, E, K) and meets energy needs. Omega 3 and 6 fatty acids also have anti-inflammatory properties needed for recovering muscles. Fat should comprise about 30% of total calories, but the type of fat may be more important than how much. Look for unsaturated fatty acids like oils, nuts, fish and avocados.

GLYCEMIC INDEX: measure of how quickly blood sugar levels rise after eating a certain food. High glycemic foods cause blood sugars to rise very quickly, whereas low glycemic foods cause blood sugar levels to rise more slowly.

Pre-Exercise

Peak performance starts before you exercise. Pre-exercise meals should prevent hunger before or during exercise and maintain steady energy throughout exercise.

3 to 4 hours before exercise

Meals three to four hours before exercise need to supply your body with energy from carbohydrates and also protein, which helps deliver slow and steady energy to the muscles.

Recommended

Low glycemic index foods
Low fat
Low fiber
Lean protein

Not Recommended

New foods that you haven't eaten before

Sample Menu

1 egg burrito made with 1 egg + 2 egg whites, 1 ounce cheddar cheese, diced peppers, onions tomatoes in a tortilla
1 medium banana
1 cup orange juice
1 cup water

Approximate nutrition information:
619 calories; 17 g fat; 7 g saturated fat; 91 g carbohydrate; 6.2 g fiber; 322 mg cholesterol; 1300 mg sodium; 30 g protein





30 minutes to 1 hour before exercise

If there is an hour or less before you hop on a bike, solid foods may not work for you. If that's the case, aim for beverages that provide carbohydrates. If you need something a little more substantial to keep you full, fruits work wonders.

Recommended

High carbohydrate
Moderate protein
Low fat
Low fiber

Not Recommended

High fat
High fiber
Carbonated drinks
Sugary beverages
Alcohol

Sample Menu

Choose 1
1 small orange, peach, pear or banana
1 cup watermelon
1 cup cantaloupe
Gatorade Prime™ energy chews
Nature Valley™ granola bar



During Exercise

If you're exercising for more than 45 minutes continuously (ahem, RAGBRAI riders), you need to maintain energy and fluid balance. Say "hello" to sports drinks. Drink 7 to 10 ounces every 15 minutes for best results. The ideal fluid replacer during exercise should have

14–19 grams carbohydrate per 8 ounces

50–170 mg sodium per 8 ounces

30–50 mg potassium per 8 ounces

No caffeine or carbonation

Every 15 minutes

Recommended

High carbohydrate

Not Recommended

High fiber
High protein
High fat
Drinks with more than 8% carbohydrates
Alcohol

Sample Menu

Gatorade™ or Gatorade™ G2

G2 is lower calorie hydration for lower intensity workouts with the same electrolytes as original Gatorade™.



Post-Exercise

Exercise recovery has two main goals: restore glycogen and restore/build lean body mass (aka muscle).

Eat a snack within 30 minutes

Recommended

4:1 carbohydrate:protein
16–24 ounces of fluid for every pound lost during exercise

Not Recommended

Cruciferous vegetables
High fat
Alcohol

Sample Menu

Muscle Milk®
Chocolate milk
Gatorade™ Recover Protein Shake



Staying hydrated throughout the day can be tough. Compare beverages using the guide below to keep your drink interesting (yet healthy).

Beverage	 **Gatorade™ original** *Over 20 fruity flavors to choose from*	 **Gatorade™ G2** *Orange* *Fruit punch* *Blueberry/pom* *Lemon-lime* *Grape* *Glacier freeze* *Raspberry melon* *Tropical blend*	 **Milk** *Unflavored* *Chocolate* *Strawberry*	 **Florida's Natural™** *Orange mango* *Orange strawberry*	 **Old Orchard™ Juice Cocktails** *Apple* *Apple berry blend* *Ruby red grapefruit* *Apple cranberry* *Apple raspberry* *Apple kiwi strawberry* *Apple cherry* *Apple straw/banana* *Apple blueberry*
Description	50 calories per serving plus electrolytes for intense exercise	lower calorie electrolyte replacer for moderate training sessions	loaded with calcium, protein, vitamin A and vitamin D for overall health. Switch to low-fat or fat-free to cut down on calories	new flavors orange mango and orange strawberry provide vitamin C and folate in 100% juice	a sweet treat with 90 calories per serving without artificial colors, flavors, or preservatives

Beverage	 **Cascade Ice™** *Orange mango* *Lemonade* *Pink grapefruit* *Wild Berry* *Pomegranate Berry* *Blueberry Watermelon* *Strawberry Lemonade* *Coconut*	 **Naked® Juice** *Smoothies* *Protein*	 **glaceau fruitwater®** *Black raspberry* *Orange mango* *Strawberry kiwi* *Lemon-lime* *Watermelon punch*	 **Zico® Coconut Water** *Natural* *Chocolate* *Pineapple*	 **Fareway Sugar Free Drink Mix** *Lemonade* *Raspberry* *Fruit punch* *Raspberry lemonade* *Grape* *Strawberry* *iced tea* *orange* *pink lemonade*
Description	zero calorie, gluten free sparkling water for flavored hydration	loaded with vitamins and minerals for 110-220 calories per serving. Choose from fruit smoothies or protein blends	calorie-free sparkling water with B vitamins and green tea extract for an extra kick of energy	all-natural rapid hydration with 5 essential electrolytes for peak athletic performance	hydrate on the go with only 5 calories per serving

Get out & Grill beef



Burgers are the perfect summertime eat–quick, easy, affordable and most importantly, tasty. But did you know that ground beef also packs a serious health punch?

Beef is rich in iron, a key nutrient for making hemoglobin. Hemoglobin is found in red blood cells and is a key transporter of oxygen. When you exercise, blood flow increases to your working muscles, taking extra hemoglobin with it. Once red blood cells reach your muscles, hemoglobin drops off the oxygen and carries out carbon dioxide. What does all that mean? Without sufficient iron, athletes feel tired faster. Just one 3-ounce serving of ground beef provides 25% of the daily value of iron–enough to fuel you to the finish line.

Grilling the perfect burger is as easy as one, two

1. Slightly shape one pound ground beef into four patties. Use a gentle touch; over mixing will result in a firm, compact texture.
2. Place patties on the grill and cook, uncovered, 13 to 15 minutes, until internal temperature reaches 165° F, turning occasionally with a spatula. Do not press down on the burgers; this will reduce the juiciness.



Maple-Bacon Beer Burger

Makes 4 servings • Total time: 25 minutes

INGREDIENTS

1 pound 93% lean ground beef
¼ cup beer
2 Tbsp. Worcestershire sauce
4 hamburger buns, split
4 slices reduced-fat cheddar cheese
4 slices maplewood smoked bacon, cut in half and cooked crisp

DIRECTIONS

COMBINE first 3 ingredients and MIX lightly. SHAPE into four ½-inch thick patties. GRILL according to directions on page 8. About two minutes before burgers are done, PLACE buns, cut-side down, on the grill and GRILL until lightly toasted. TOP buns with burgers, cheese and bacon.

Approximate nutrition information per serving: 513 calories; 24 g fat; 9 g saturated fat; 110 mg cholesterol; 1301 mg sodium; 25 g carbohydrate; 3.2 g fiber; 46 g protein



Caesar Beef Burgers

Makes 4 servings • Total time: 30 minutes

INGREDIENTS

1 pound 93% lean ground beef
3 cloves garlic, minced
1 tsp. salt
½ tsp. pepper
4 romaine lettuce leaves
8 slices sourdough bread, toasted
½ cup shredded Parmesan cheese

DIRECTIONS

COMBINE first 4 ingredients and MIX lightly. SHAPE into four ½-inch thick patties. GRILL according to directions on page 8. PLACE one lettuce leaf on four of the bread slices; TOP with burger and cheese.

Approximate nutrition information per serving: 367 calories; 6 g total fat; 2 g saturated fat; 81 mg cholesterol; 1193 mg sodium; 41 g carbohydrate; 2.6 g fiber; 35 g protein



Classic Ranch Burger

Makes 4 servings • Total time: 30 minutes

INGREDIENTS

1 pound 93% lean ground beef
4 tsp. Ranch Rub (see recipe)
4 hamburger buns, split
½ cup reduced-fat creamy ranch dressing
Romaine lettuce
Tomato slices
Onion slices

For Ranch Rub:

2 tsp. paprika
2 tsp. dried thyme
1½ tsp. salt
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. ground black pepper
½ tsp. ground red pepper
½ tsp. ground white pepper

DIRECTIONS

Lightly SHAPE ground beef into four ½-inch thick patties. PRESS Ranch Rub into patties. GRILL according to directions on page 8. SERVE with dressing, lettuce, tomato and onion.

Approximate nutrition information per serving: 303 calories; 10 g fat; 3 g saturated fat; 65 mg cholesterol; 825 mg sodium; 27 g carbohydrate; 3.5 g fiber; 26 g protein



Get out & Grill pork

Pork's versatility, easy preparation, and great taste make it the perfect centerpiece for any outdoor meal. Did you know that pork is also an excellent source of thiamin, niacin, riboflavin, vitamin B_6 and protein? Just a three ounce serving of pork delivers

- 54% DV of thiamin, a nutrient needed to process lactic acid buildup after exercise. Lactic acid is responsible for muscle soreness and studies have shown fewer fatigue complaints in endurance athletes immediately following exercise after consuming a thiamin-rich diet.
- 19% DV of niacin, which aids in the production of enzymes that break down carbohydrate, glucose and fat for energy.
- 37% DV of vitamin B_6. When blood sugar is slow, glycogen is converted into usable energy thanks to vitamin B_6.

pork Be inspired

Grilled Thai Tenderloin Cutlets

Makes 10 servings
Total time: 25 minutes

INGREDIENTS

2 pork tenderloins
2 Tbsp. garlic, minced
2 Tbsp. fresh ginger, grated
⅓ cup soy sauce
1 Tbsp. garlic chili paste
2 Tbsp. fresh parsley, minced
5 sandwich buns, (optional)

COOKING DIRECTIONS

CUT tenderloins crosswise into 1-inch pieces; FLATTEN with heel of hand to about ⅛-inch thickness and PLACE in shallow pan. COMBINE remaining ingredients and POUR over pork cutlets; COVER and REFRIGERATE for up to four hours. REMOVE pork from marinade (discard remaining marinade) and GRILL over medium-hot coals about 2-3 minutes per side or until internal temperature reaches 145° F. LET rest 3 minutes before serving. SERVE on sandwich buns, if desired.

Nutrition information per serving: 132 calories; 4 g fat; 1 g saturated fat; 60 mg cholesterol; 649 mg sodium; 39 g carbohydrates; 0 g fiber; 20 g protein



Honey Pork Tenderloin Kabobs

Makes 8 kabobs
Total Time: 30 minutes

INGREDIENTS

½ cup bourbon OR 2 Tbsp. cider vinegar
½ cup honey
½ cup mustard
1 tsp. dried tarragon
3–4 sweet potatoes, cut into one-inch cubes
1½ pounds pork tenderloin, cut into one-inch cubes
4 medium ripe peaches, unpeeled, pitted and quartered
4 green peppers, cut into two-inch pieces

COOKING DIRECTIONS

MIX first four ingredients in a bowl; STIR well and SET glaze aside. STEAM or BOIL sweet potatoes until crisp-tender. THREAD sweet potato cubes, pork cubes, peach quarters and green pepper pieces alternately onto each of eight 10-inch skewers. BRUSH kabobs with honey glaze mixture. Lightly OIL grill. GRILL over medium-hot coals 5 minutes on each side or until internal temperature reaches 145° F. LET rest 3 minutes before serving.

Nutrition information per kabob: 320 calories; 6 g fat; 1 g saturated fat; 55 mg cholesterol; 145 mg sodium; 39 mg carbohydrate; 4 g fiber; 27 g protein



American Pride Pork Chop

Makes 4 servings
Total time: 25 minutes

INGREDIENTS

4 bone-in loin pork chops, 1-inch thick
2 tsp brown sugar
1½ tsp. salt
½ tsp. coarse black pepper
½ tsp. ground allspice
¼ tsp. dried thyme leaves

COOKING DIRECTIONS

COMBINE brown sugar, salt, pepper, allspice and thyme leaves in a small bowl. RUB both sides of pork chops with herb mixture. LET stand 15 to 30 minutes. DISCARD any remaining herb mixture.

PREPARE a medium-hot fire on grill. PAT pork chops dry while being careful not to remove the rub. GRILL chops over direct heat, turning once, to medium rare doneness, about 4-5 minutes per side or until the internal temperature reaches 145° degrees F. LET rest 3 minutes before serving.

Nutrition information per serving: 160 calories, 9 g fat; 3 g saturated fat; 55 mg cholesterol; 3 g carbohydrate; 0 g fiber; 16 g protein

No Time? No Problem!



Sports, vacations and endless summer activities can leave you on the go for what feels like days at time. That means you only have a few minutes to prepare healthy, hearty meals. To make matters worse, you probably need something you and your kids can gobble in the car. Sounds like an unhealthy swimming suit season, but don't fret. Eating on the go can be easy with just a little planning (I promise it won't take long).

- Pick one day each week to do your grocery shopping. Make an appointment with yourself and don't cancel. On your list make sure to have a meal plan. Don't forget about breakfast, lunch and snacks.
- Do all your cooking on one day.
- Each week, prepare a few carbohydrate dishes, a few protein sources and a variety of vegetables. Mix and match each day for a variety of healthy meals with little or no work!
    - Carbohydrate dishes could include quinoa, brown rice, pasta, potatoes, whole wheat bread or pitas.
    - Proteins like chicken, beans, beef, pork, tofu and hardboiled eggs keep well in the refrigerator.



Carbohydrate



Protein



Vegetable/Fruit





Sparboe Farms eggs aren't just for breakfast

Hardboil eggs and keep them in the refrigerator in the shell for one week for quick, quality, affordable protein anytime.

Place eggs in a saucepan in one layer and cover with one inch of cold water. Heat to boiling then remove pan from burner and cover. Let eggs stand in water for 12 minutes then drain.

For easier peeling, use eggs that are at least one week old and let them cool before peeling (the egg shrinks inside the shell).





Ten Minute Tacos

Makes 6 servings
Total time: 10 minutes

INGREDIENTS

2 cups cooked chicken
1 packet taco seasoning
½ cup water
½ cup salsa
1 (15 ounce) can Mrs. Grimes™ black beans
1 (10.5 oz) bag Garden Salsa™ Sun Chips®

Using Sun Chips® for your walking tacos is a smart choice because they are made with whole grain corn, whole wheat, brown rice flour and whole oat flour for multigrain goodness.

DIRECTIONS

COMBINE chicken, seasoning, water and salsa in a saucepan and SIMMER for 5 minutes. (To save time, you can combine the chicken, seasoning and salsa in a bowl and serve it cold.) DIVIDE Sun Chips® and TOP with remaining ingredients.

Nutrition information per serving: 380 calories; 18 g fat; 3 g saturated fat; 24 mg cholesterol; 554 mg sodium; 42 g carbohydrate; 8 g fiber; 16 g protein

Watermelon:

Mother Nature's Sports Drink



Watermelon is about 92 percent water. Considering athletes need about 1½ ounces of fluid per pound of body weight each day, the natural sweetness of watermelon is a nice addition to any hydration routine.

Let watermelon help you exercise easier

Vitamins A and C are natural antioxidants, helping repair cells after wear and tear. They also provide some preventative benefits by reducing the risk of cancer.

Looking to improve your heart health? Potassium counteracts the effects of a high sodium diet, which can help lower resting blood pressure.

Watermelon restores fluids and electrolytes lost through perspiration (likely to happen when exercising outside in the summer).

Per cup, watermelon has about 10 grams of sugar, which can quickly be converted to glycogen in your muscles and liver. Why is that important? Replenishing your glycogen stores means you can exercise with ease during your next workout or bike ride.

L-arganine, an amino acid found in watermelon, has been shown to improve blood vessel and joint function. It also increases exercise tolerance and performance, so you can work harder for less energy expenditure.

Vitamin B_6 is essential for energy production. It helps produce glucose and keep blood sugar from dropping too low, which is important when exercising for long periods of time.

Lycopene, the phytochemical responsible for watermelon's bright red color, has been linked to lower cancer risks, especially in the prostate, lungs and stomach.

Watermelon helps restore fluids and electrolytes lost through perspiration (likely to happen when exercising outside in the summer)



¢entsAble Kids!

Watermelon Word Find

Can you find the hidden watermelon words? Remember, words can go up, down, across, backwards and diagonal.

CUBE
DELICIOUS
FUN
HEALTHY
HYDRATION
JUICY
LYCOPENE
RED
RINDS
RIPE
SEED
SEEDLESS
SLICE
SNACK
SUMMER
SWEET
VINE
VITAMINS
WATERMELON
YELLOW

H Z R B Y S E S W N P L U M
R Y Q I N H E B O J U I C Y
E A D A N E T L U I V I N E
M R C R D D E L I C I O U S
M K E L A M S L A H H H G W
U P E D R T L Y F E I L O E
S S I E F H I C U K H L W P
S C T Y N N C O N R L D X I
Y A V P D T E P N E B X L R
W G L E D Q G E Y A Z Q V V
T E E W S J N N H E F H J F
K S E T J R Q E O F D I R W
R F M S N I M A T I V E Z H

For answers, please visit www.fareway.com