

Athlete series. . .

Nutrition important for stamina

Everyone seems to be "in search of excellence" these days. Athletes want a competitive edge that may mean a new record or first place. Many individuals want a lifestyle that gives them a body that performs excellently.

This is the first in a series of articles focusing on nutrition and the athlete. In this series, issues concerning the relationship of nutrition, physical fitness and athlete performance will be presented. Reader questions are welcome and every effort will be made to answer them in the next Spillyay Tymoo issue.

Deficiencies in nutrients, water or energy can prevent the individual from performing at his or her best. Eating a balanced diet of fruits, vegetables, milk products, meats and breads and cereals will establish a sound muscle and nerve structure providing for peak athletic performances. Without a constantly healthy diet no amount of natural ability, good coaching or diligent training will provide long-term athletic success.

One issue that often surfaces about the physical fitness and athletic performance is energy. What are the best sources? Is carbohydrate loading effective? Are sugars and candy good source of quick energy?

Energy/exercise requires energy. The main source of

energy for muscles is glucose. When carbohydrates (brans, cereals and fruit) are eaten, they are broken down into glucose during digestion. Glucose is then absorbed and carried by the blood to muscles of energy where the glucose is either used immediately for energy or stored as glycogen in the muscles or liver or covered by the liver into fatty acids and noted in fat cells.

During exercise the body first uses glucose then glycogen. The individual is exhausted when the glycogen is all used.

Fatty acids, the third source of energy, is used only after the glucose and glycogen is used. It generally takes 20-30 minutes of exercise to mobilize the fatty acids. For endurance events the

fatty acids become an important energy source.

Carbohydrate loading (increasing the muscle glycogen stores) is only effective when there is continuous activity for more than 60 minutes. Carbohydrate loading should be used only by well-trained endurance athletes.

Candy or sugar triggers release of insulin which lowers the blood glucose by the muscles, can cause hypoglycemia (low-blooded glucose). Hypoglycemia causes an individual to feel fatigued and will lead to a poor performance.

The most efficient sources of energy are carbohydrate foods such as breads, cereals, pastas, rice, fruits and vegetables.

Extra protein unnecessary

Exercise does not require extra protein but does require added calories. When an active person eats enough food to supply the calories needed, the protein intake also increases.

Protein supplements are unnecessary and may create stress on the body. During digestion, proteins are split into amino acids. These are absorbed and carried by the blood to the tissues. Amino acids needed to build and repair tissues or enzymes are

used immediately.

Excess amino acids go to the liver where they are split apart. The nitrogen is excreted by the kidney and the rest is used to make glucose or fatty acids. The body does store protein in the form of fat.

The breakdown of amino acids and the excretion of nitrogen as urea requires water. Excess intake of protein can cause dehydration and stress on the liver and kidneys.

Spending depends on goals

You may be experiencing many life changes. Each change affects how much money you have and how you will have to manage your finances. Do any of these sound familiar?

—We did have two incomes and now have one.

—My husband was unexpectedly laid off. . . no income. What will we do?

—My wife has a new job—Wow! Two incomes, who will baby-sit?

—We are finally moving into our own home after years of apartment living.

—My husband has been transferred....this means a big move.

—The baby will be here soon! —The children are growing so fast. Can't seem to keep up with buying new clothes, let alone buying enough food to fill them up.

Goals grow out of your values and guide your living and spending. If your family values a nice home and surroundings, then your spending goals might include items to make the home look its best. If education and career training is important, spending goals will reflect more schooling and training. Likewise, if physical health is a value, spending goals might include membership in a

recreational club or increased sports equipment.

When considering spending goals, it is important to think clearly and wisely about your goals. Be alert to the purposes served by your spending goals. There may be other ways to reach a goal with less spending.

Do include all family members when setting family spending goals. Distinguish between short, intermediate and long-term goals as well as family and individual goals.

Consider how much money will be needed to reach these goals. What will it take in addition to money to reach these goals (e.g., time, energy, skills, etc.)?

Blazer workshop begins Jan. 11

Beginning Wednesday, January 11 and ending February 15, the OSU Extension office will be offering a blazer workshop in which participants will make a perfectly fitting blazer starting with a muslin shell and ending with a tailored jacket. The workshop will be held each Wednesday evening from 7 to 9:30 p.m. in the 4-H room in the basement of the Day Care building.

Extension Agent Mollie Driscoll will be instructing the class. On the first evening, participants will be cutting out and sewing together a muslin shell for fitting purposes. The second evening, the class will cut out the good fabric, apply interfacing and underlining and begin construction. On the

third and fourth evenings, the class will construct the blazer body and work on the lapels, collar and sleeves. The fifth evening will have the class putting together the lining and on the last meeting, class members will place the lining and body together.

At the end of six short weeks, participants will have a blazer of which to be proud. The class will all be sewing at individual paces and everyone will have different patterns and materials so much of the instruction will be one-on-one and there will be much to learn from each other, says Driscoll.

If you're interested in signing up for the blazer workshop, contact the OSU extension office in the old administration building or call 553-1161, ext. 238.

Blender aids in infant food preparation

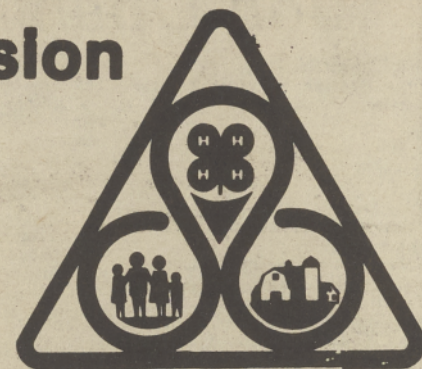
Feeding the smallest member of your family nutritious and wholesome foods is important. Home preparation of baby foods is one of the best ways to ensure that your baby eats only the best.

By using your blender you can prepare your own baby foods quickly. The blenders ensure that baby's food is processed to a uniform texture and smooth consistency; so important for that first encounter with solid foods.

Many family meals can be prepared with baby in mind by not seasoning or sweetening the food until baby's portion is blended. Then season and sweeten the family's meal as usual.

Feeding your infant from family meals will save the work

Extension Notes



From Lee Hamilton and Molly Driscoll

Salt-free diet is helpful in good health

Sodium plays a major role in the regulation of body fluids and is commonly assumed by scientists to have an influence on blood pressure. Salt, or sodium chloride, is about 40 percent sodium and is the main source of sodium in the American diet. Other typical sources include various food additives, such as monosodium glutamate, sodium phosphate, and sodium nitrite. Sodium also occurs naturally in many foods.

Everyone needs some sodium in the diet to replace routine losses. About 200 milligrams a day is considered essential for survival and individual requirements vary with physical activity, climate and other factors. The Food and Nutrition Board of the National Academy of Sciences/National Research Council estimates that an "adequate and safe" intake of sodium for healthy adults is 1,100 and 3,300 milligrams a day, the equivalent of approximately 1/2 to 1 1/2 teaspoons of salt.

Americans generally consume at least twice that amount. Estimated intakes of individuals range from 2,300 to 6,900 milligrams of sodium daily, according to the Food and Nutrition Board.

Roughly 20 percent of American adults who develop high blood pressure can be

affected by excessive amounts of sodium in their diets.

High blood pressure, or hypertension, is a persistent elevation of blood pressure above normal levels. (The term "tension," here, means pressure, not nervous tension; both tense and seemingly relaxed people can be susceptible to it.) If the disease is not detected and treated, it can eventually lead to stroke, heart attack or kidney failure.

The following salt-free recipe is excellent for those who have to watch their intake of salt.

Fried Rice

Makes six servings
Calories: 210 per serving

1/4 cup oil
3 tbsp. chopped onion
3 tbsp. chopped celery
1/4 cup chopped green pepper
1/2 cup sliced fresh mushrooms
1 1/2 cups uncooked instant rice or 1 cup uncooked raw rice.
1/2 cup unsalted cooked and diced chicken or turkey
1/4 tsp curry powder
1/4 tsp paprika

Heat oil in skillet. Add onion, celery, green pepper and mushrooms. Cook until onion is tender. Follow package direction for rice, omitting salt. Add rice and continue to cook until rice is slightly browned. Add remaining ingredients. Mix and heat through.

* Avoid salt, sugar and other seasoning when cooking food for home-blended baby foods.

* Carefully clean all equipment and utensils that will come in contact with your baby's food. Wash in hot soapy water and rinse with hot running water.

* Larger quantities of foods can be blended. Freeze serving-size portions. Ice cube trays are handy to portion each serving.

* Never serve baby directly from the "blender container" and store remaining foods. Contamination from baby's saliva on the spoon can spoil the food.

* To avoid bacterial contamination and ensure maximum nutritional value, do not store foods longer than two or three days.