



# Healthy Habits

Special Olympics Nebraska

## Greetings!

My name is Katie Novicki and I have recently taken over the position of Health and Wellness Manager for Special Olympics Nebraska! So far I have had a wonderful experience and look forward to what is to come my way! I want to take this time to invite you to contact me with any questions or concerns you may have regarding the Healthy Habits initiative, or simply about health and wellness in general. I am excited to continue my journey here with Special Olympics and look forward to getting to know all of you through this initiative!

## Exciting News

Recently we have begun a partnership with Hy-Vee in Lincoln. We are very excited about this opportunity as it will give our participants a great resource for healthy cooking ideas as well as advice on how to be a more healthful grocery shopper. As we progress with this partnership, keep an eye out for other Hy-Vee locations joining in on this great opportunity!

Also, in each edition of your Healthy Habits newsletter, you will find a section written by a Hy-Vee dietician. Pay close attention to what they say as they have some great information to help you become more healthy individuals!

## RECIPE OF THE MONTH: Basic Quiche

1 baked pie shell	½ teaspoon salt
1 cup vegetables, cooked and drained	½ teaspoon pepper
½ cup shredded cheese	½ teaspoon garlic powder
3 eggs (beaten)	
1 cup skim milk	

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

## Nutrition Facts

Serving Size 1 slice, 1/6 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 115mg</b>	<b>38%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein 9g</b>	
Vitamin A 10%	Vitamin C 25%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Fuel Up for Fitness

**Lincoln Hy-Vee Dietician Kelli Kennel:**



To stay healthy, it's important to have a diet full of healthy foods like fruit, vegetables, whole grains, low-fat dairy and lean protein. But, what you eat and drink before, during and after exercise can have a big impact on your performance, whether training or competition. Use the guidelines below to help you perform your best.

## BEFORE EXERCISE:

### Tips:

- Have a meal 3-4 hours before exercise or a light snack 1-2 hours before exercise. Don't eat too close to exercise, otherwise you might get an upset stomach and won't be able to perform as well.
- Eat a carbohydrate-rich meal or snack. Carbohydrates are the body's main source of fuel and will give you energy to perform your activities. Foods that contain carbohydrates include fruit, milk, yogurt and grains.
- Include small amounts of protein, such as beef, chicken, fish, dairy, eggs or peanut butter, in meals or snacks. This will help build, maintain and repair muscle tissue.
- Limit the amount of fat and fiber in your pre-exercise meals and snacks. High fiber and high fat foods take longer to digest and may cause you to feel sluggish or nauseated.
- Drink two cups of water two hours before exercise and another cup 15 to 20 minutes before exercise.
- Everyone is different, so experiment (before competitions) to find the timing and amount of food and fluid that best suits your personal needs.

### Pre-Exercise Meal Ideas (3 to 4 Hours Before Exercise)

- Peanut butter toast topped with banana slices and low-fat milk
- Whole grain cereal and low-fat milk topped with fresh berries
- Oatmeal topped with brown sugar and nuts, nonfat milk and an apple
- Breakfast burrito (eggs, salsa and low-fat cheese in a tortilla), 100% fruit juice
- Hamburger made with lean beef, carrot and bell pepper strips, yogurt
- Ham and Swiss sandwich, fruit salad, chocolate milk
- Low-fat tuna melt sandwich, grapes, low-fat/non-fat yogurt
- Pasta, tomato-based sauce with lean meat, low-fat milk and canned fruit
- Grilled chicken sandwich, pretzels and low-fat/nonfat yogurt
- Turkey sub with veggies and mustard, baked chips, 100% fruit juice

### Pre-Exercise Snack (30-60 Minutes Before Exercise)

- A piece of fruit
- Half of a plain bagel spread with jelly
- Granola bar
- 1-2 graham crackers
- Sports drink (this is easier to handle if you have pre-competition jitters)

## DURING EXERCISE:

### Stay Hydrated:

What you drink is just as important as what you eat! During exercise, you lose fluid and electrolytes through sweat, and if you don't replace that, you can become dehydrated, feel sluggish or lightheaded, get a headache and even become overheated, all of which can impair your performance. Use these tips to stay hydrated:

- Don't rely on thirst to guide you – when you feel thirsty, you are already dehydrated! But don't force yourself to drink a bunch, either, which can be hard on your stomach. Instead, drink half to one cup of fluid every 15 to 20 minutes during exercise.
- For short duration activities (<60 minutes), water is a good choice to drink before, during, and after exercise. For activities lasting longer than 60 minutes, sport drinks are a good option.
- During long bouts of activity, monitor urine to ensure good hydration status. Clear to pale yellow colored urine is optimal.

## POST WORKOUT:

### Tips:

- Eat something within 15-60 minutes following exercise – this will speed your recovery so that your body is ready for its next workout.
- Consume carbohydrates to replenish energy stores used during exercise.
- Have a good source of protein to help repair damaged muscle tissue and aid in muscle growth.
- Replace fluids lost during exercise. Use the weight method: weigh yourself before and after exercise; drink three cups of fluid for every pound lost during your workout.

### Recovery Meal Ideas

- Whole grain cereal with low-fat milk and a banana
- Scrambled eggs with whole wheat toast, low-fat milk and toast with jelly
- Whole wheat turkey and veggie pita, whole grain crackers and skim milk
- Rice bowl made with sirloin steak, beans, cheese, salsa and avocado
- Whole-wheat pasta tossed with chicken, broccoli and tomato-based sauce
- Stir-fry with chicken, broccoli, snap peas, onions, mushrooms and brown rice

### Recovery Snack Ideas

- Fruit and yogurt smoothie
- Sports drink and half of a turkey sandwich
- Low-fat chocolate milk
- String cheese and an apple
- Greek yogurt with fresh fruit

Did you know that exercise can give you more energy, help you feel better about your appearance and raise your self confidence? It can be as simple as a 30 minute walk around the block!

Find a friend and go get some exercise!



**Special  
Olympics  
Nebraska**