

At Home with

# SAGE

## *Introducing*



# *Performance Spotlight* <sup>TM</sup>

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**NUTRITION FOR ATHLETES**  
Performance Spotlight<sup>TM</sup>

**FROM OUR DIETITIANS**  
SAGE's Food-First Philosophy

**TASTE OF SOUTH KOREA**  
Bulgogi

**IN THE KITCHEN WITH SAGE**  
Spiced Sweet Potato Pancakes

**FROM OUR CHEFS**  
Easy Prep-and-Go Snacks for the Game

**NEW STATION CONCEPT**  
P.S.

# A Note

from SAGE House



# Performance Spotlight™

## Welcome to the New School Year!

It's a new school year, and we've got some new things going on at SAGE!

In this issue of At Home with SAGE, we'll focus on our new athletic nutrition program, Performance Spotlight™, which provides student athletes with guidance on what to eat to perform at their best. We'll explain what your children will experience during meals and at off-campus and after-hours events, and we'll review the most up-to-date research on nutrition for young athletes.

Our Dietitians will give some tips on how you can keep your athletes healthy and well-nourished at home, and our Chefs will share easy-to-prepare snacks for the game. Plus, we've got some great recipes for you to try!

We'll also share some info about P.S., the new dessert and accompaniments concept that's replacing The Baltimore Baking Company®.

As always, we wish you a great start to the academic year, and we hope your children continue to enjoy their experience in the dining hall!

Sincerely,

SAGE has created Performance Spotlight™ to address athletic nutrition at school. Crafted by our Registered Dietitians, our program is based on recommendations by the USOC, NCAA, and other sports nutrition associations. The three tenets of our program are education, meal guidance, and recipes.

The education component centers on the what, when, and why so that the students can really understand what this nutrition will do for their bodies and performance.

Meal guidance addresses the question "What do we eat, and when?" On campus, we teach students the appropriate items to select using our Performance Picks, which are chosen from your school's menu by our Dietitians because these foods have what it takes to keep your athletes fueled properly. They're indicated with this icon.



We give students the guidelines for building a plate for either training or game days. Our general nutritional guidance program, Spotlight, helps them eat healthy off-season, or on non-training, non-game days.

Athletic directors and coaches can pick from several choices in our Catering Guide, called *Fueling Your Team* with appropriate options for team meals, as well as on-the-go snacks and small meals for before, during, and after games.

As we built our program, we realized that athletes were relying on sports bars and drinks for fuel immediately before, during, and after games. These are convenient, portable, and easy on the stomach—plus, they're backed by the science!—but we weren't comfortable with all of the unnecessary processed ingredients.

So we filled the niche by creating our own clean label recipes for house-made sports drinks and bars. The drinks have the simple carbohydrates, electrolytes, and water our athletes need to keep them going during intense or extended activity, and the bars provide the carbohydrates and protein they need to top off their energy stores and begin recovery. Plus, they taste great!

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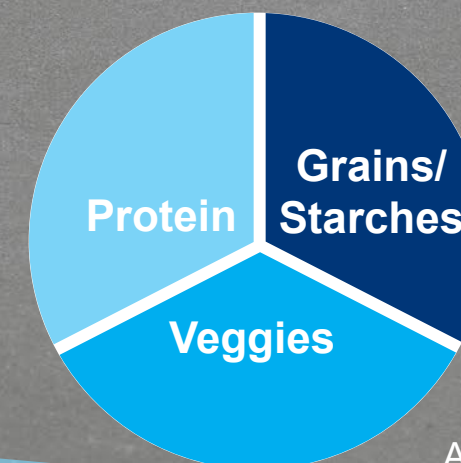
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Written and produced by the SAGE Marketing Department, with contributions from SAGE Chefs and Registered Dietitians

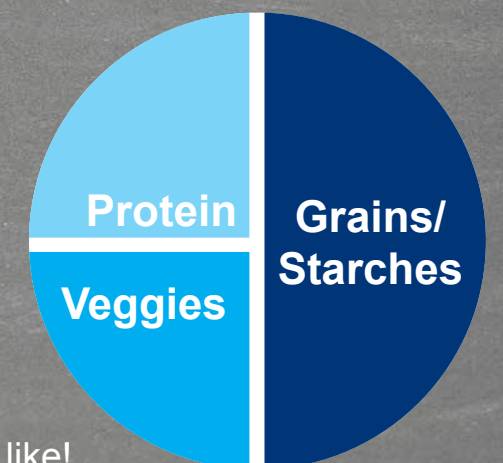
# Perform

(v.) to accomplish a desired goal

### TRAINING DAY



### GAME DAY



Add fruit if you like!



Performance  
Spotlight™

# Nutrition for Athletes

Think fast! You've been asked to bring a snack to the soccer tournament for your child's team. What do you bring? What you choose could impact their performance.

Athletes have different nutritional needs than their less active peers. Experts agree that adequate, well-timed nutrition enables and enhances intensive athletic performance. It maximizes gains in speed, strength, and agility; shortens the recovery period; provides nutrients that increase health; and reduces the risk of injury and illness.

Pay attention to the info below—not only will your student athlete benefit, but you will, too! Whether you're hitting a CrossFit® session or training for a marathon, use this information to fuel yourself properly.

## What to Eat

Grains and starches give you carbohydrates, which break down quickly into your body's preferred fuel. Consuming carbohydrates before and during exercise provides energy, prevents low blood sugar, and contributes to healthy central nervous system function. Increased carbohydrate availability improves performance, whereas low carbohydrate availability reduces the duration and quality of performance, and contributes to fatigue. Completely depleting your carbohydrate-based energy stores causes your body to break down muscle protein for energy—delaying your recovery and hurting your future performance.

Proteins build and repair muscle, regulate metabolism, and support immune health. Consumption of high-quality protein (e.g., eggs, lean meat, milk, tofu) immediately following and up to a day after exercise is beneficial. It helps the body synthesize proteins and rebuild and repair muscle; it also shortens the recovery period. These results are enhanced when the protein is consumed with a carbohydrate.

Fat is an important source of energy, vitamins, and essential fatty acids (ones the human body can't synthesize) that contribute to temperature regulation, immune health, and metabolism. Reduced fat intake is detrimental to these functions, but there's no evidence that consumption of additional fats benefits athletic performance.

Fruits and vegetables support your whole body with micronutrients—the vitamins, minerals, and phytochemicals that promote general health, contribute to metabolism, and serve as antioxidants.

# Persist

(v.) to continue despite difficulty or failure

## When to Eat

When you eat is just as important as what you eat! Athletes need quality fuel that gives the body the most energy possible. It's all about fueling with the proper nutrients at the right time.

Timing in Relation to Activity		What to Consume	Why
Before	Night before to 8 hours before	· A regular meal of mostly carbohydrates and moderate protein and fat	· Fills your energy stores and provides necessary nutrients
	2-4 hours before	· A light meal of mostly carbohydrates that's lower in fat and fiber	· Fills your energy stores and provides necessary nutrients · Allows you to digest fully and avoid discomfort and vomiting
	½-1 hour before	· Water · Small snack of familiar, easy-to-digest carbohydrates that's low in fat and fiber	· Hydrates you · Tops off your energy stores · Enables quick digestion to preempt sluggishness
During	Less than 1 hour of activity	· Just water	· Keeps you hydrated
	1 or more hours of activity, or very intense activity	· Water and easy-to-digest carbohydrates (e.g., sports drinks, energy bars, dried fruits, pretzels, cheese sticks, honey and sunflower seed butter wrap)	· Keeps you hydrated · Gives you energy · Replenishes electrolytes lost through sweat
After	Within ½ hour of activity completion	· 4:1 ratio of simple carbohydrates to protein	· Starts recovery · Replenishes energy stores · Helps rebuild and repair muscle

# From Our Dietitians

## SAGE's Food-First Philosophy

There's a billion-dollar industry selling energy bars and drinks, protein powders, pills, and supplements. That's why you'll find hundreds of options and many opinions for and against them. Generally speaking, we're against them.

Although their use is widespread, supplements can be dangerous for both an athlete's health and athletic career. Companies don't have to prove that supplements are safe or effective before they're made publicly available. Studies have shown that 15-25% of supplements contain an unlabeled substance banned by the NCAA.

There are exceptions to the rule. Vitamin supplementation may be necessary in special situations to address preexisting deficiencies. For example, indoor athletes may lack sufficient vitamin D, female athletes may lack sufficient iron, and very young athletes may lack sufficient calcium. Similarly, vegetarian athletes may be deficient in some nutrients, have low energy reserves, and be at higher risk of stress fractures and low bone mineral density.

In any of these situations, an athlete should consult a doctor or Registered Dietitian Nutritionist—not a drug store aisle—for testing, diagnosis, and a treatment plan.

So what should you do instead? We recommend a "food-first approach," which consists of a varied diet of fruits, veggies, grains, legumes, lean protein, oils, and starches, and provides sufficient energy for activity and metabolism. This same approach will also provide the necessary micronutrients.

In addition to a varied food-first diet, convenient, portable sports bars and drinks have a place. We're big fans of our house-made items, but we know you may not have the time to make them at home. Here's what to look for when purchasing them for you or your family.

A sports drink should provide the simple carbohydrates, electrolytes, and water needed to keep going during intense or extended activity. Sports bars should provide a 4:1 ratio of simple carbohydrates to protein with some fat to top off energy stores and begin recovery.

Look for ingredients you can recognize, pronounce, and find in a grocery store aisle. Minimize consumption of products with artificial colors, flavors, additives, and preservatives.



# Perfect

(v.) to develop skill through concentrated effort

# From Our Chefs

## Easy Prep-and-Go Snacks for the Game

Now let's get back to our original question—what do you bring to that soccer tournament? Our Chefs and Dietitians weighed in with their favorite healthy snacks that are easy to prepare and transport. Make sure your athletes are properly fueled for their big game!

### Before the Game

Top off fuel reserves with simple, easily digested carbohydrates.

Pretzels  
Rice Cakes  
Oranges  
Bananas  
100% Fruit Juice  
Sports Drinks

### During the Game

For less than one hour of activity, water is sufficient. For one or more hours of activity, or very intense activity, easily digested carbohydrates will keep athletes hydrated, provide energy, and replenish electrolytes.

Sports Drinks  
Watermelon or Oranges  
Dried Fruits

### After the Game

Replenish fuel and repair hard-worked muscles with a 4:1 ratio of carbohydrate to protein.

1% Chocolate Milk  
Low-Fat Vanilla Yogurt  
Sunflower Seed Butter and Jelly Sandwiches  
Sports Bars  
Trail Mix and String Cheese  
Turkey, String Cheese, Sliced Apples, and Crackers  
Cubed Cheddar, Dried Fruit, Grapes, and Crackers  
Chicken Salad and Club Crackers  
Low-Fat Cottage Cheese and Pineapple

# IN THE KITCHEN WITH SAGE



Set the stage for a successful competition with a full meal up to eight hours before your event. The ideal formula is a carbohydrate-rich meal where a half of a plate is made up of grains or starches, and the remainder is balanced with moderate protein and fat (2:1:1 ratio).

Pair these spiced sweet potato pancakes with a cup of fruit and a two-egg broccoli and cheese omelet to fuel for an evening competition!

## Spiced Sweet Potato Pancakes

Serves 6 with 2 pancakes each

### Ingredients:

- 1 lb. 2 oz. sweet potatoes  
(about 3 medium sweet potatoes)
- 5 Tbsp. all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground nutmeg
- 2 tsp. unsalted butter
- 4 Tbsp. milk
- 2 eggs, separated
- 1 Tbsp. vegetable oil

### Preparation:

1. Preheat oven to 350°F.
2. Place sweet potatoes on a sheet pan and bake until fork-tender. Once cool, remove potato skins and mash until smooth.
3. In a large mixing bowl, sift together flour, baking powder, salt, and nutmeg.
4. Melt the butter in a small bowl in the microwave.
5. In another bowl, combine the mashed sweet potato, milk, egg yolks, and butter. Mix well.
6. Blend wet mixture into the flour mixture to form a batter.
7. Whip egg whites to soft peaks and fold into the batter.
8. Preheat griddle or skillet to medium-high and add oil.
9. Drop batter mixture onto griddle or skillet and cook until golden brown, flipping with a spatula when the surface begins to bubble.

# Taste of South Korea

Many of our student athletes dream of going to the Olympics, the ultimate symbol of athletic prowess and international cooperation. This past year's Winter Games were hosted by South Korea, a country with a delicious, nuanced cuisine.

South Korea is a mountainous peninsula with cold, dry winters and hot, humid summers. Traditional South Korean cuisine is rich in grains, especially white rice, and produce, which is served both fresh and fermented (like kimchi, Korea's national dish).

Korean food is heavily spiced, often with a combination of ganjang (soy sauce), garlic, ginger, gochujang (red chili paste), scallions, rice wine vinegar, and toasted sesame oil and seeds—many of which feature in the popular dish we're sharing with you!

Bulgogi, which is Korean for "fire meat," is thin strips of beef that are marinated for several hours for tenderness and flavor before being quickly grilled. It's usually served alongside steamed white rice and lettuce leaves. The meat and rice are placed in a lettuce leaf, topped with kimchi and gochujang, and then rolled tightly and eaten with the hands—in just one bite, according to Korean tradition.

To complete your Korean meal, offer water and tea as beverages, and choose fresh fruit for dessert.

## Bulgogi

Serves 6

### Ingredients:

½ medium Asian or Bosc pear  
3 Tbsp. soy sauce  
½ medium onion, minced  
4½ tsp. granulated sugar  
4½ tsp. water  
4½ tsp. sesame oil  
4½ tsp. seasoned rice vinegar  
3 cloves garlic, minced  
½ tsp. ground black pepper  
½ tsp. unsalted toasted sesame seeds  
2 Tbsp. vegetable oil  
1 lb. 8 oz. beef ribeye, sliced thin  
1 green onion, chopped

### Preparation:

1. Mince the pear.
2. Whisk together all ingredients except beef and green onion.
3. Pour marinade over beef and marinate 2-4 hours.
4. Remove beef and discard marinade.
5. Heat one tablespoon vegetable oil in a large skillet over medium-high heat. Remove half of the meat from the marinade and cook in a single layer without moving until lightly browned, about one minute.
6. Turn meat and continue to cook, turning occasionally, until cooked through and crisp at edges, about 3 minutes. Transfer to a plate.
7. Repeat with remaining vegetable oil and meat.
8. Garnish with green onion.

# New Station Concept



P.S. is SAGE's popular station for desserts and treats. It punctuates your meal!

This station features sweet and savory accompaniments that our Chefs make fresh daily. Along with an array of sweet baked goods, like cookies, cupcakes, and brownies, we offer puddings, parfaits, ice creams, and pastries. We can also provide savory veggie tarts, herb-and-cheese biscuits, specialty cheeses, and unusual fruits and veggies here—it's all up to your community!

We always offer seasonal whole fruit, like crisp local apples or juicy oranges, to round out the meal.

