

# GABRIELE

## FITNESS & PERFORMANCE



## Young Athlete Nutrition:

### Part 2

by Tom Langton

In the newsletter a few weeks back I presented you with a daily nutrition journal that was handed in by one of our High School Athletes. If you missed the article, [CLICK HERE](#) to check it out. Just to recap, we require all of our high school athletes to hand in a 6 day food log once a month. These journals allow us to better educate our athletes on their food choices.

However, one of the things that is most glaring to us, is that these athletes are not provided with the right types of food. The majority of our young athletes when discussing their diets often give one of the following statements:

"I eat what is in the house (or what is cooked for me)"

"I don't have time to make anything healthy"

"My parents give me money for lunch and I buy it at the school"

Do any of these sound familiar to you?

Lets examine each one and see what you think.

**I EAT WHAT IS IN THE HOUSE OR WHAT IS COOKED FOR ME-** What types of food do you have in the house? Do you make an effort to buy and stock up on healthy nutritious food for your kids or do you buy what they like? Filling the kitchen with healthy options is just as easy as buying the junk food and if it is there, the kids will eat it, no matter what it is.

**I DON'T HAVE ENOUGH TIME TO MAKE ANYTHING HEALTHY-** If I told you that just 15-20 minutes of prep time per day could drastically improve your child's health, could you find the time? There is no doubt that it is easier and faster to eat unhealthy, but that little extra effort can make a HUGE difference.

**MY PARENTS GIVE ME MONEY FOR LUNCH-** This is one hits home for me because both of my parents worked full-time when I was growing up and I was given lunch money everyday. I can also remember my daily lunch consisting of burgers, chicken fingers, french fries and lemonade provided by the school cafeteria. The best analogy I can make for this is to give your child your weekly grocery money and an empty cart and let them roam the aisles *Super Market Sweep* style. What would their shopping cart look like? Do you think it will be

filled with healthy, nutritious foods? I just think about myself at 14 and know my cart would look something like this.



By giving your kids that freedom, your leaving 1/3 of their daily nutrition up to them. Do you honestly trust your child's food choices, especially with what is being provided for them at their school?

I'm not a parent and do not pretend to know how hard it is to raise children. However, I do know that ever parent I encounter will tell me the same thing.

**"I WANT WHAT IS BEST FOR MY CHILD"**

All parents want their children to have access to the best teachers, doctors and opportunities, but somehow let their nutrition fall by the wayside. The truth of the matter is that their nutrition is one thing you as parents have almost complete control over, if you choose to take it.

We check our athletes' food journals once a month and no matter how much we preach or attempt to educate your kids, they are powerless without your help. Even our older high school and college athletes are at the mercy of YOUR food choices. So I challenge all of you parents out there to step up and take control of what your kids are eating. Trust me, it will be worth the effort.

**Gabriele Fitness and Performance**

20 Locust Avenue

Berkeley Heights NJ 07922

**908-464-4441**

[info@gabrielefitness.com](mailto:info@gabrielefitness.com)

[www.gabrielefitness.com](http://www.gabrielefitness.com)