

VOLUME 11 SPRING 2023

FOODFIT

A PUBLICATION OF THE CENTER FOR NUTRITION AND ATHLETICS

THE FUTURE OF WHEAT

HOW TODAY'S FARMERS GIVE YOU A BETTER GRAIN

SPORTS
NUTRITION
PLANS

CUSTOM TIPS FOR
8 UNIQUE GROUPS

STOP
FORKING
AROUND

OUR LATEST WEBINAR

SPRING TREATS
HEALTHY
& TASTY
RECIPES

ERIN BAILEY WITH HER DAD AND UNCLE

A Message from Michele

Hey Everyone,

Happy Spring! Hopefully, by now you have seen the last of cold weather and are breaking out your summer clothes. For me, this time of year is the BEST: warm enough to swim, bike and run without lots of layers. Whatever it is YOU do outside, I hope you are taking time to notice all the colors, warmth, and sounds of Spring/Summer.

We've got another issue of FoodFit for you. First up, a brief overview of the webinar I did on April 27. Whether you agree with me or not, I hope you'll at least think about whether weight loss is the best path forward toward health. For me, ditching "diet mentality" led to a lot of improvements in performance and quality of life. I realize that we live in a world that idealizes thinness at all costs but I think the price is too high and a poor return on investment.

We've also just published 8 generalized Sports Nutrition Plans targeting different lifestyle stages. You may find these helpful for yourself, a client or a friend. Please remember that these are truly "generic" and if you need more specific advice, I hope you'll seek out a sports dietitian (CSSD) for indepth guidance.

And, if you want to learn a bit more about what its really like growing wheat in the US, I hope you'll read our interviews with three wheat farmers and how tending crops today is different than just 2 generations ago.

Finally, we've included some great recipes and reasons that people seek support from personal trainers that will "spring" you into action (pun intended).

Healthy Regards,
Michele

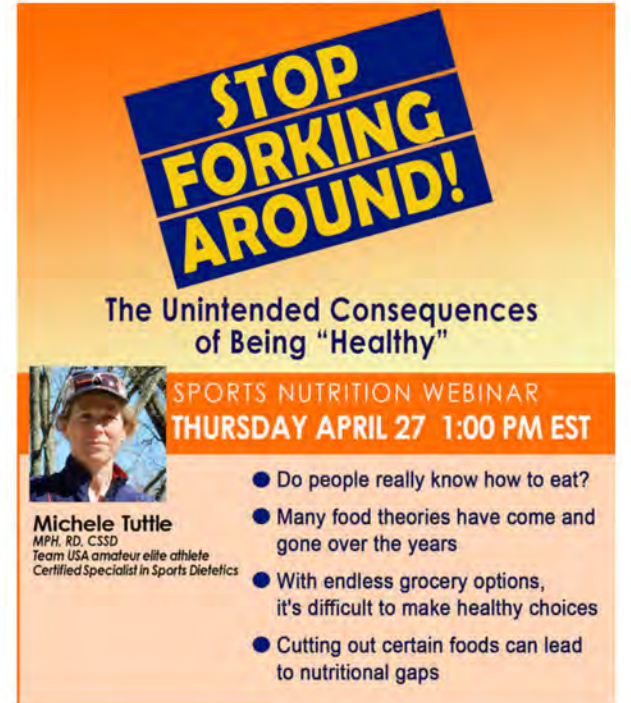
STOP FORKING AROUND!

A simple message that attracted hundreds

Michele Tuttle, a renowned registered dietitian with over 30 years of experience, took the spotlight in our latest Sports Nutrition webinar on Thursday, April 27th at 1:00 PM.

With 470 registrations it was clear that there are a lot of individuals eager to hear her talk on the topic of **"Stop Forking Around: The Unintended Consequences of Being "Healthy."**

Tuttle, a seasoned athlete with 45+ years of experience, began by stating that while everyone believes they know what and how to eat, it might not always be the case. She discussed how she has witnessed a plethora of food and health theories come and go over the years.



STOP FORKING AROUND!

The Unintended Consequences of Being "Healthy"

SPORTS NUTRITION WEBINAR
THURSDAY APRIL 27 1:00 PM EST

Michele Tuttle
MPH, RD, CSSD
Team USA amateur elite athlete
Certified Specialist in Sports Dietetics

- Do people really know how to eat?
- Many food theories have come and gone over the years
- With endless grocery options, it's difficult to make healthy choices
- Cutting out certain foods can lead to nutritional gaps

Additionally, she highlighted that with the increase in the number of choices available in grocery stores, making reasonable decisions about food has become harder. People often resort to cutting out certain foods to achieve better health, which can have unintended consequences. Tuttle explored what happens when clients decide to cut out dairy, wheat, fast food, juices, and animal foods. This decision can lead to severe nutritional gaps over time, which can eventually lead to disease.

If you missed the presentation and the CEU credit that goes with it, don't worry. You can still access it here:

<https://tinyurl.com/3t5cu55p>.



Meet the Farmers Shaping the Future of Wheat Farming

Insights from the next generation of farmers



The future of farming in America is looking bright, thanks to farmers like Owen Niese, Scott Born, and Erin Bailey. U.S. wheat is grown across thousands of acres by multi-generational families who take pride in their craft. Recently, the Wheat Foods Council reached out to these three wheat farmers, hailing from different

states, to learn more about how wheat farming has evolved over the years, the challenges facing the wheat crop, and the regional variations in farming. We are excited to introduce these young farmers and hear their thoughts on growing America's wheat.

Q&A

How is wheat farming today different from the previous generation?

Scott: The biggest difference in farming today is improvements in wheat breeding. Acreage is down, but yields have gone up. There were over 88 million acres of wheat planted in 1981, but only about 46 million acres in 2016. However, the highest yield of U.S. winter wheat reported was 55.3 bushels per acre in 2016, so more yield on fewer acres.

Erin: The evolution of farm labor and the availability of larger tractors have changed how we farm today. My boyfriend's grandfather tells the story about feeding the team of horses that plowed the field for planting when he was young, and that was the farm's labor.

By the time he retired, he had a flat track Challenger tractor to replace his horses. This is unbelievable change to witness in a lifetime. Tractors just keep getting bigger and bigger and so does the average farm size. Farmers cannot afford to farm only 100 acres, as they did in the past, due to the high cost of farm equipment today.

Has technology enhanced wheat farming practices? And has it helped to improve wheat yield and quality?

Owen: Our farming decisions are made based on what the ground needs and what the crop needs, so our fertilizer is variable rated and based on what was removed from the previous crop and what nutrients were left in the ground. We make use of growth regulator products to conserve nitrogen input and boost yields without adding more fertilizer. Similarly, fungicides are important here in Ohio because we have a humid



Erin Bailey works the 6000-acre family wheat farm with her dad, Mark Bailey, and her Uncle Gary Bailey in the Palouse region of Washington, near the town of St. John. Erin's been farming full time for 5 years, and she is proud of their family business and stands behind the wheat products they send to your family table.

climate. We need them to help fight diseases, but we are learning how to get more from less use of the treatment input.

Scott: I always say that we practice farming, making little adjustments and gaining knowledge from trial and experience. Planting equipment is more precise than previous generations allowing the right number of seeds per acre to be planted and at a uniform depth. Improved wheat varieties have helped to increase yield, milling quality characteristics and provide better insect and disease resistance and drought tolerance, all of which makes better quality grain.



Scott Born has been farming wheat for 32 years outside of Dallas, expanding his farm to now 4,000 acres. In 1911, his great grandfather, a German immigrant from Russia, came to farm wheat in the Texas Panhandle, and wheat farming passed to his grandfather. While it skipped a generation, you could say farming is in Scott's blood.

Erin: Everything has changed in wheat farming due to advances in technology. We have become more efficient in many ways. For example, wheat breeding has enhanced wheat varieties that have made our inputs more efficient and more resistant to weather and pests that could devastate a wheat crop in years past. We can grow much more now on fewer acres, because the plants are bred to produce.

What is different about growing wheat in your region of the U.S.?

Erin: The main difference here in Washington is that the average farm size is larger as compared with wheat farms in the Midwest. Because the soil condition isn't the same as the Midwest we have to plant more acres to produce the same number of bushels. We farm in the Palouse region of Washington which is hilly creating a different topography than the Midwest. It is necessary to use combines with levelers here.

Owen: Ohio wheat farmers grow soft red winter wheat, and it is planted in fall around October when soybeans are harvested. **We have a saying, if you're a wheat farmer in Ohio, it messes up your July 4th holiday plans, because that is when it is time to harvest wheat!** We are also fortunate in our state that our local basis prices can stay high. Wheat in Ohio has to compete with corn and soybeans, so it is never going to have the acreage of those crops.

What are the biggest challenges for the wheat crop this year?

Scott: Extreme weather can always be challenging, whether really dry or really wet. Having too much can be as bad as too little. Fertilizer is typically our number one expense. Equipment, fuel costs, seed and chemicals have gone up as well. There's so much uncertainty in the world, and we don't produce enough fertilizer in the U.S., so we depend on other countries, like China, Russia and Ukraine. There's unrest, and it puts a strain on the price. There are higher crop prices, but also higher input costs.

Owen: It's definitely the input costs. The cost of nitrogen has skyrocketed. The war in Ukraine made commodity prices go up, but also the cost of farming wheat; and that is tough to balance. In Ohio, weather is a bit of a factor. We've had a dry, mild winter, so the ground could use more moisture, and it did not freeze to kill off insects or disease in the soil. These conditions will likely impact decisions made in April and May, and also what kind of crop we get in July.

Finally, what should American consumers know about U.S. wheat products and where their flour comes from?

Scott: We have the safest, best quality supply of food in the U.S., and American wheat is the finest quality wheat in the world. There is so much misinformation about wheat. **Some believe modern wheat varieties are not good for you, and farmers douse wheat with Roundup. I have grown wheat for over 30 years and never produced wheat sprayed with Roundup.**

New wheat varieties are stronger, creating a wheat plant that protects itself without spraying, while boosting yield. There is no GMO wheat in our supply chain. Also, consumers do not understand what it takes to feed today's population. If we returned to former farm practices, there wouldn't be enough food for all. Sometimes it is important to over-produce and export. Even with less acres and higher yields, we still produce about twice the wheat needed in the U.S., and the remainder needs to be exported to other countries that need our wheat to feed their people. Growing more than we need at home means we should always have a consistent food supply.

Erin: It seems that some consumers see farmers as working for some large corporation, but that is not the case. Farming is our family business, and we are here working every day, and we take pride in what we produce. We need to bridge that gap and help consumers to understand that wheat is homegrown.

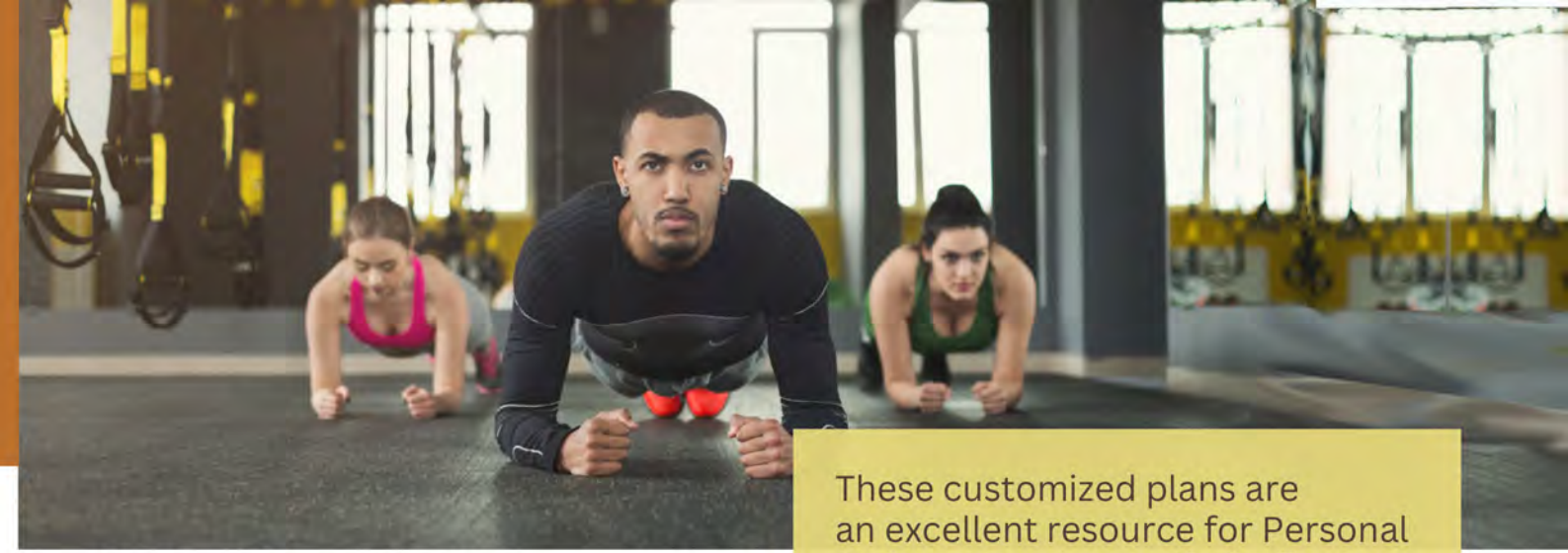
Owen: There are three generations of my family working together to produce our wheat crop, and I'm lucky I get to work with my Dad and my Grandpa. Consumers can take heart that we are a true family farm with a real family producing our nation's food. When I was younger, I traveled on harvest crew from Texas to Canada. On every single stop, I encountered multi-generational families working together to produce America's wheat crop, flour, and bread. Families were working, making business decisions, but also doing the physical labor together.



Owen Niese is part of a three-generation family farm in Shelby, Ohio, that grows corn, soybeans, and wheat. Owen joins his father, Roger, and his grandfather, Robert, in R&R Niese Farms as one of the nation's farms producing crops and food to feed the world.

Fuel your performance with our new Sports Nutrition plans

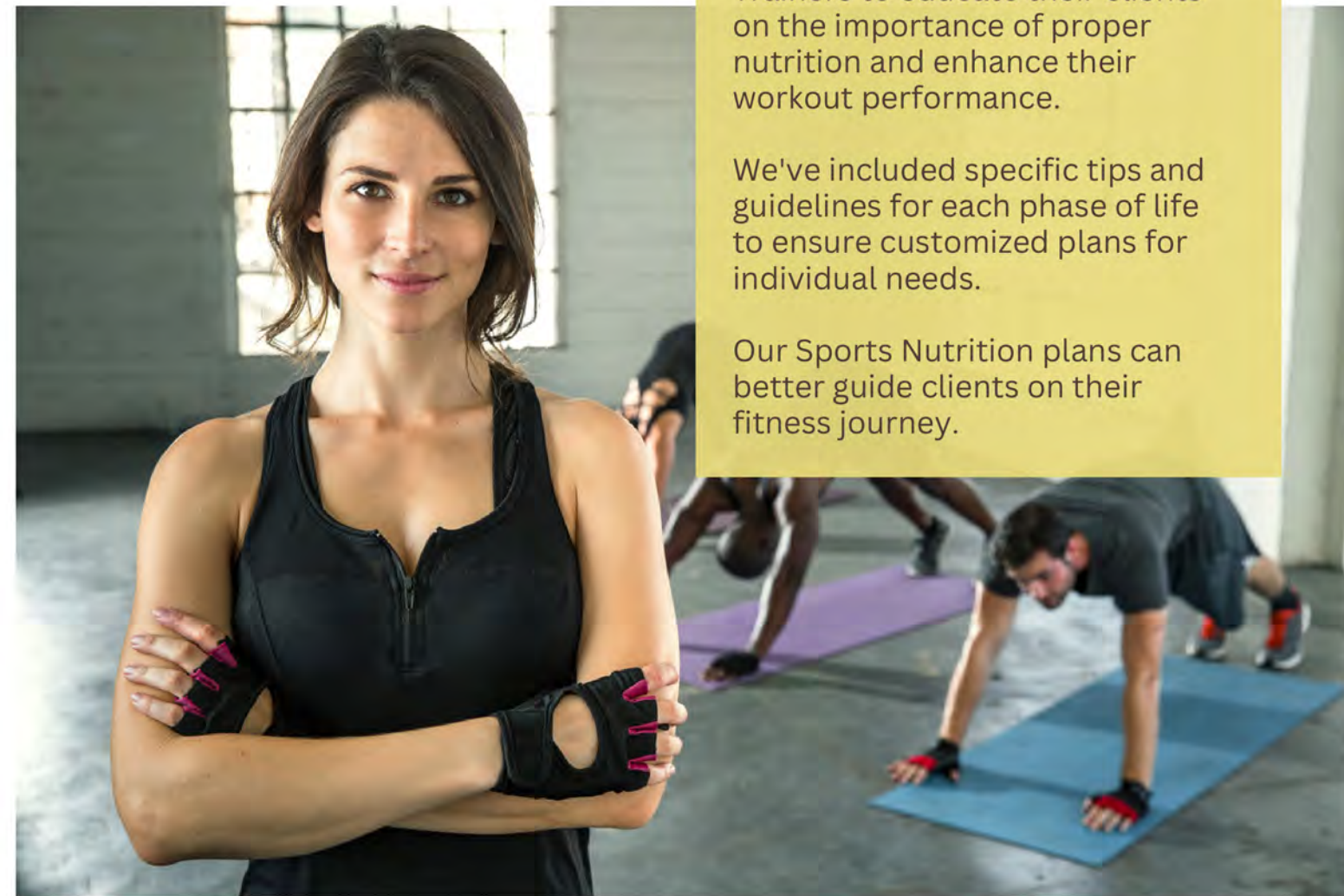
Introducing our new Sports Nutrition plans designed to cater to different phases of life. They offer customized advice on what to eat before and after a workout, as well as how to get enough fiber. Our eight plans are specifically tailored to 4 groups: high-school athletes, 20-somethings, busy millennials, and seniors, highlighting the benefits of enriched wheat and other wheat foods as a great source of energy to fuel workouts.



These customized plans are an excellent resource for Personal Trainers to educate their clients on the importance of proper nutrition and enhance their workout performance.

We've included specific tips and guidelines for each phase of life to ensure customized plans for individual needs.

Our Sports Nutrition plans can better guide clients on their fitness journey.



The Plans

- 16 Year Old Female
- 18-YEAR-OLD MALE
- YOUNG FEMALE
- YOUNG MALE
- BUSY MOM
- BUSY DAD
- SENIOR MALE
- SENIOR FEMALE

[Find them all here.](#)





SPORTS NUTRITION PLAN

DESCRIPTION
16-YEAR-OLD FEMALE
High school soccer player

- She's 5'7" and weighs 130lbs. In the last 2 years she's had 2 stress fractures.
- Trains ~2 hours per day
- She's an honors student; less than 7 hours of sleep per night, feels constantly fatigued.
- No time for breakfast, eats lunch at school but often dislikes what's served, and grabs something from the vending machine after school before practice. After practice, she's often so hungry she grabs whatever she sees first and then eats dinner with her family. She'll often have a bowl of ice cream or cereal before heading to bed.

NUTRITION SOLUTIONS:

- High probability that she's not eating enough calories or protein on a consistent basis to support her training
- Portable Breakfast/Lunch/Snacks with high nutrient density focusing on calories, protein and calcium.
 - Peanut butter and jelly/honey or a sandwich on bread or bagel or tortilla wrap with lunch meat and cheese, baby carrots, apple or other fruit
 - Nuts/nut butter and pretzels
 - Dried fruit & nuts
 - Granola Bar/protein bar and fruit and/or milk
- More sleep if possible (even 30 extra minutes per night)
- High carbohydrate with protein pre-bed snack
 - Ice cream or frozen yogurt
 - Cereal and milk
 - ½ sandwich or toast w/nut butter & milk or yogurt

KEY NUTRITION ISSUES AND REQUIREMENTS

- Calorie range: 2,500-3,000 per day
- Protein: 83 – 106 grams per day
- Iron (18mg): May need dietary supplements added to diet.
- Calcium (1000mg daily)
- Vitamin D (600 – 1,000 IU daily)
- Vitamin C: 65mg daily
- Vitamin A: 700mcg or 2,300 IU



WheatFoods.org
Center for NutritionandAthletics.org

Fresh and Light: Spring Recipes to Welcome the Season



Ingredients

1 pound large fresh shrimp, shelled & deveined (about 24)
2 medium red, yellow or green peppers cut into 1-inch pieces
1 cup apple juice, divided
2 tablespoons olive oil, divided
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon chopped fresh thyme leaves or 1 teaspoon dried thyme leaves
2 teaspoons Worcestershire sauce
1 package commercial garlic and olive oil couscous mix
2 cups water

Directions

Combine 1/2 cup apple juice, 1 tablespoon olive oil, vinegar, mustard, thyme and Worcestershire sauce in a medium bowl. Stir well; add shrimp and peppers and stir to coat. Let stand at room temperature 5 minutes or refrigerate for 15 minutes.

Thread shrimp and peppers onto 4 skewers. Discard marinade. Grill or broil kabobs 4 to 6 inches from heat for 4 to 6 minutes. Turn kabobs and grill an additional 4 to 6 minutes or until shrimp are opaque.

Combine remaining apple juice, olive oil, contents of spice sack from commercial couscous and water in a medium saucepan. Bring to a boil; stir in couscous; cover; remove from heat. Let stand 5 minutes. Fluff lightly with a fork and spoon onto individual serving plates. Top each serving with a kabob.

Servings: 4

Nutrition

One serving (one Kabob & 1/2 cup couscous) provides approximately: 302 calories, 22 g protein, 3 g fiber, 9 g fat (1 g saturated), 162 mg cholesterol, 22 mcg folate, 4 mg iron, 562 mg sodium.

Couscous & Shrimp Kabobs

Peanut Noodles with Mango and Watercress

Ingredients

Sauce

¼ cup peanut butter
¼ cup low sodium soy sauce
2 tablespoons sugar
¼ cup sesame oil
2 tablespoons Worcestershire sauce
2 tablespoons lime juice
¼ cup plus 2 tablespoons low-sodium chicken broth, or water
1 tablespoon chopped fresh ginger
2 cloves garlic, peeled and coarsely chopped
Freshly ground black pepper, to taste

Linguine

1 pound linguine, cooked and cooled
2 cups small watercress, sprigs (1 bunch)
1 mango, pitted and diced
½ cup chopped scallions
¼ cup chopped fresh mint, optional
¼ cup chopped peanuts

Directions

Into the food processor or blender put all the sauce ingredients. Process until smooth.
Put the linguine, watercress, mango, scallions and mint into a large bowl.
Add the sauce and toss until the linguine is well coated.
Sprinkle with peanuts and serve.

Serves 8

Nutrition

Approximate value per serving:
400 calories; 15 g total fat; 3 g saturated fat; 310 mg sodium;
57 g carbohydrates; 5 g dietary fiber; 13 g protein; 16 mcg DFE (folate).



The Magnificent 7

Take a tour of the various social media sites and publications focused on Personal Trainers, you will often see one of these seven reasons as to why people seek out the services of a personal trainer.

Weight loss

Seek personal trainers to lose weight and achieve ideal body weight.

Improved fitness

Want to build muscle, increase endurance, or improve flexibility.

Accountability and support

Personal trainers teach clients how to exercise safely and avoid injuries.

Injury prevention

Personal trainers teach clients how to exercise safely and avoid injuries

Sports-specific training

Personal trainers provide training to help athletes improve their performance.

Nutrition advice

Personal trainers offer guidance on healthy eating habits and the role of diet in fitness.

Personalized programs

Personal trainers create customized programs based on clients' goals and fitness level.

