



Monaé Cooper—Weight Throw Champion

Monaé Cooper is a CHAM patient who has been followed for weight management. She changed her life and direction with athletics and is now a weight throw champion who started throwing in 7th grade with the New Rochelle High School track and field team. In 8th grade she competed in the emerging elite group and in 9th grade she moved to the New Balance championship group. This year, Monaé placed 7th in the weight throw at a personal best 53 feet, 9 1/4 inches. She also competed in the shot put emerging elite and in the championship shuttle hurdle relay. As a sophomore, Monaé is the youngest co-captain of the varsity team.

Monaé started focusing on her diet to optimize her performance.

She stays **hydrated** by drinking water throughout the day. Hydration is extremely important for every athlete to have energy and avoid dehydration.

Monaé consumes **whole grain carbohydrates**, such as brown rice, whole wheat couscous and whole wheat pasta. These whole grains are high in fiber and will give her the energy she needs to perform. As a dietitian nutritionist, I also recommended she try other whole grains, such as quinoa and farro.

Monaé also eats a mostly plant based diet with lots of nutritious **fruits and veggies**.

She chooses lean sources of **protein**, such as fish. Protein is a crucial nutrient that helps repair and strengthen muscle tissue.

Snacks are also important for optimizing performance. See below for my snack recommendations for Monaé.

Snack Recommendations For a Powerful Performance

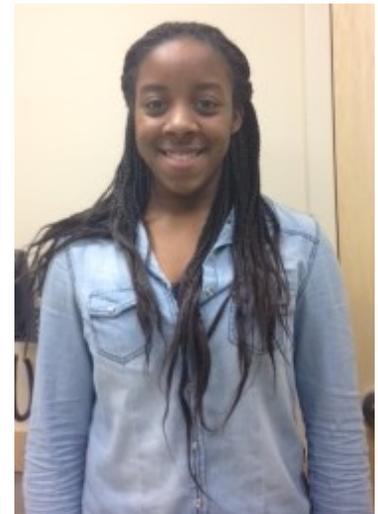
Choose a source of protein and a high quality carbohydrate.

1. Apple or banana with almond butter.
2. Cheese and whole grain crackers.
3. Smoothie with milk, fruit and ground flaxseed.
4. Plain Greek yogurt and nuts.

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



**Monaé Cooper,
Weight Throw Champion**

What is the best beverage for competing athletes to drink after a workout?

Chocolate Milk!

Why? It contains a high quality source of protein and sugar for energy. It has the correct balance of protein and carbohydrates and contains enough water for hydration. Chocolate milk is key for muscle exhaustion and helps you recover after a workout.

Our Nutritionists

Alex Kaplan Corwin &
Vanessa Wissing

