

# Ka Momona O

## Ka 'Āina

*The Bounty of the Land*



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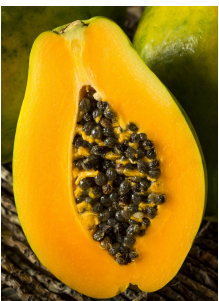
### **Eating for Exercise and Sports** Written by JM

As an athlete, you want to perform at your best. What better way to do this than by fueling your body with good nutrition? Getting enough calories, carbohydrates, fluids, protein, and vitamins can prevent poor performance and fatigue.

Carbohydrates provide energy during exercise. Complex carbohydrates are recommended, while simple sugars should be avoided. Complex carbohydrates offer energy, fiber, vitamins, and minerals, and are low in fat. In contrast, simple sugars do not provide essential nutrients. Complex carbohydrates can be found in foods such as whole grain bread, pasta, bagels, and rice. Simple sugars are commonly found in soft drinks, jams, jellies, and candy. Protein is an important component for muscle growth and tissue repair. Good sources of protein include lean meats, poultry, seafood, eggs, and beans. Water is the most crucial nutrient for athletes, keeping the body hydrated and helping to

### **Green Papaya vs. Ripe Papaya**

Green papaya is low in calories and sugar, which makes it a suitable choice for those watching their calorie or sugar intake. It also aids in digestion. Green papaya contains high levels of papain, an enzyme that improves protein digestion and supports gut health. Furthermore, papain acts as a natural meat tenderizer and enhances nutrient absorption. Ripe papaya is rich in antioxidants--vitamin C and beta-carotene. These antioxidants help combat free radicals and reduce oxidative



regulate temperature. The body can lose several liters of sweat in an hour of vigorous exercise, making it essential to replenish fluids.

Here are some tips to consider: It's beneficial to eat carbohydrates before exercising if you will be active for more than an hour. Additionally, limit fat intake in the hour before an event. Overall, a little more than half of your daily calories should come from carbohydrates. Keep in mind that excessive protein intake can increase the risk of dehydration, calcium loss, and kidney strain. For hydration, offer children water frequently during sports activities. For teenagers and adults, replace any body weight lost during exercise with an equal amount of fluid. Let's keep these tips in mind the next time we engage in any physical activity! For more information, visit <https://medlineplus.gov/ency/article/002458.htm>.

stress. Ripe papaya also boosts immunity and skin health. The high antioxidant content supports the immune system and promotes a radiant complexion. Lastly, ripe papaya supports gut health. High fiber content ensures long-term digestive wellness and regular bowel movements. Both green and ripe papaya offer distinct health benefits, making them valuable additions to a balanced diet. Choose green papaya for savory, digestion-friendly dishes, and ripe papaya for sweet, nutrient-rich snacks.



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## Thai Green Papaya Salad Recipe

### Dressing Ingredients:

2 tbsp garlic, finely mince  
Thai chilies, to taste, finely mince  
6 tbsp dried shrimp, finely mince  
3/4 cup light brown sugar  
1/2 cup lime juice  
1/2 cup fish sauce

### Salad:

1/2 cup roasted peanuts, unsalted, roughly chopped  
3-5 long beans, cut into 2-inch pieces  
1 cup grape tomato halves or a small tomato cut into wedges  
\*\*\*1 1/2 cups julienned green papaya, soak in ice water for 10-15 minutes until they are firmer  
1/2 cup Thai basil leaves



### Instructions:

1. Place finely minced garlic, shrimp, and chilies into a bowl and mix together.
  2. Add brown sugar, lime, and fish sauce.
  3. Stir in until sugar dissolves.
  4. Add half the peanuts and mix.
  5. Bruise the long beans until broken using anything heavy you can find in the kitchen and add to the mixing bowl.
  6. Add tomatoes and press on them to bruise and release the juice slightly.
  7. Drain the soaked papaya well and place in a bowl lined with 2 layers of paper towel to absorb excess water. You want to have as little water on the papaya as possible so as to not dilute the dressing.
  8. Add papaya and toss to mix.
- Once everything is coated in the dressing, immediately pile up onto plates. Spoon over remaining dressing. Garnish with Thai basil leaves, sprinkle with remaining peanuts. Serve immediately.



\*\*\*Peel using a standard vegetable peeler. You might see the peel seep a white liquid, just wipe it off. Now cut papaya in half and remove the seeds using a spoon. Then, finely shred into matchsticks using a julienning shredder, as pictured to the left.

## Seeds to Success: How to Produce Results in Life and at Work by Joe Pettit

**Book synopsis:** "Leaders want three main things: to develop their people, improve performance, and drive profits. Similar to gardening, a special blend of ingredients and techniques are needed to produce results.

Every gardener must decide which seeds to plant, where to plant them, and how to keep them watered and fertilized as they grow. Gardeners must also identify weeds that threaten their plants' health.

Effective leaders manage similar circumstances at work and in day-to-day life.

Seeds to Success will provide you with simple, easily incorporated steps to help you identify your potential. It details how to take action and provides practical direction to nurture your personal and professional growth to receive the best results possible."



**About the Author:** "Joe Pettit is the founder and CEO of New Leaf Leadership, a consulting and leadership development company. He is a highly sought-after speaker due to his expertise in leadership development and emotional intelligence. An innovator of personal growth strategies, Joe thrives on helping others succeed and empowering leaders to discover how they can improve communication and teamwork.

Joe's non-profit, New Leaf Farm, is a leadership retreat and community hub that teaches and equips people to reach their full potential in life and at work. Here leaders can connect with their team, learn, write and grow. They find themselves re-energized as they experience the first-hand therapeutic benefits of gardening.

Joe is a South Carolina native and loves doing life with his wife, four children, and dog. He enjoys spending time in his organic, raised bed vegetable garden, watching football, and taking family vacations. To learn more, visit [newleafleadership.com](http://newleafleadership.com) or [joepettitinspires.com](http://joepettitinspires.com)." (Pettit, 2022, Back cover)



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