

Nutrition Tips for a Healthier You!

1. **Make smart choices from every food group**
 - Emphasize fruits, vegetables, whole grains, and fat-free or low-fat dairy products
 - Include lean meats, poultry, fish, beans, eggs, and nuts
 - Limit saturated fats, trans fats, cholesterol, salt, and added sugars
2. **Find your balance between food and physical activity**
 - Be active for at least 30 minutes most days of the week
 - Increasing the intensity or the amount of time you work out will have greater health benefits (60 minutes per day may be needed to avoid weight gain)
3. **Get the most nutrition out of your calories**
 - Your body needs a certain number of calories each day
 - You could spend them all on high-calorie “junk” foods, but you would be missing out on important nutrients
 - Choose foods packed with vitamins, minerals, and fiber but low in calories like fruits, vegetables and whole grains

Remember...to maintain your weight, calories in = calories out!

Food Suggestions to Fuel Your Workout

Here are some ideas for foods to fuel your training. Just remember: Try everything during training; do not add new foods the day of the race!

Before Exercise:

- Multigrain cereal (40 grams carbohydrate)
- 2 slices of whole grain toast (50 grams carbohydrate)
- 1 medium apple (20 grams carbohydrate)
- 15 animal crackers (50 grams carbohydrate)
- 2 packets of instant oatmeal (60 grams carbohydrate)
- 1 English muffin (26 grams carbohydrate)

During Exercise:

- 16 ounces of Gatorade (28 grams carbohydrate)
- 2 energy gel packets (~56 grams carbohydrate)
- ½ cup dried apricots (40 grams carbohydrate)
- ½ cup raisins (57 grams carbohydrate)
- 1 energy bar (~45 grams carbohydrate)
- 1 ounce of hard, salted pretzels (22 grams carbohydrate)
- 2 tablespoons of honey (34 grams carbohydrate)

After Exercise:

- 1 cup 2% chocolate milk (26 grams carbohydrate)
- 2 tablespoons natural peanut butter on whole wheat bread (53 grams carbohydrate)
- 1 energy bar (~45 grams carbohydrate)
- Low-fat raisin granola bar (50 grams carbohydrate)
- 3 ounces of turkey breast in whole-wheat pita pocket, 6.5 inches (70 grams carbohydrate).

Source:http://www.todaysdietitian.com/newsarchives/td_0306p38.shtml