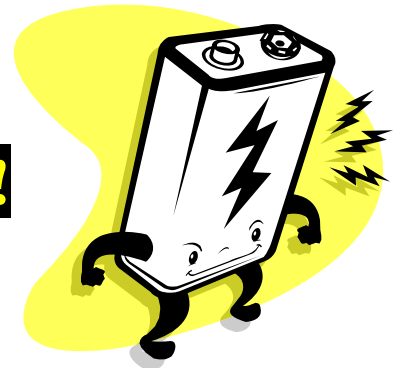


Making Healthy Choices

Eating for Energy!



Did you know...what and when we eat has a huge effect on our energy level?

To lead a high energy life, we have to fuel our bodies well!

THE CULPRITS !!



Losing our balance e.g. avoiding sources of carbohydrates, proteins or fats.

Not eating every 3-4 hours during the day.

Not drinking water throughout the day.

Relying on the short lived pick-me-up of simple sugars!

THE SOLUTIONS...

- 1. Eat most when most active! So, plan to eat nutrient-dense foods 4-6 times during the day!**
- 2. Eat ENOUGH PROTEIN FOODS at all meals! This PROLONGS A GOOD ENERGY LEVEL for hours after eating.**
- 3. Include whole grains at all meals, after all they are the body's preferred fuel!**
- 4. Consume large amounts of fruits and vegetables. They are a rich source of vitamins, minerals and water!**
- 5. GET A WATER BOTTLE & DRINK WATER.**

