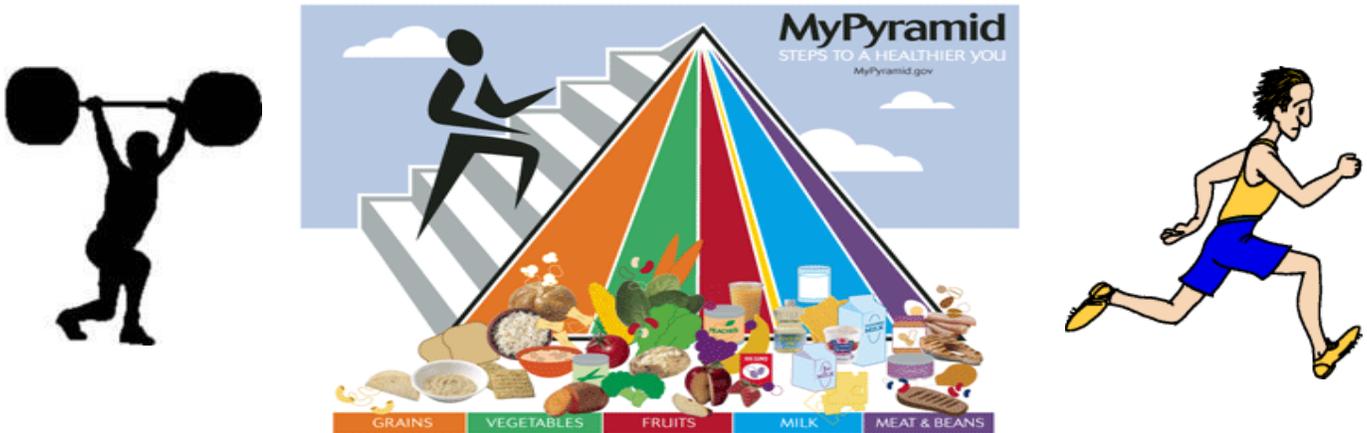


What Should I Eat?

Are you curious about what to eat as you begin a new work out plan? As a registered, licensed dietitian I will guide you through ideas on making healthy food choices!

What is YOUR Goal?



Beginning a work out plan is a great first step in achieving better health. You may have some goals in mind as you begin your workout plan so it is important to fuel your body to match your desired outcome.

If you are interested in improving your body's strength and tenacity, you may not be interested in cutting calories. You may even be interested in adding calories depending on how much you work out and the amount of muscle you hope to gain.

If your goal in beginning a work out plan is to lose weight, you will be interested in modifying your current food intake. If you currently consume a diet high in fat and/or excess sugar, it will be important to cut back on those foods and replace them with lower calorie, more filling options.

EVERYONE is different and NO ONE has the same nutrition and exercise goals and needs. Check out www.mypyramid.gov to begin understanding your calorie and food needs. To customize your meal plan, consider consulting with a registered, licensed dietitian. Remember that nutrition is a vital part of your total program will help you achieve your overall goals. If you have any special health issues it will also be informative to learn how to set nutrition goals to complement your workout. Call Monica A. Cengia, MSEd, RD, LD for your personal nutrition appointment 436-1985.



What Fuels My Work Out?

As always, it is important to eat a balance of nutrients. This means eating foods from all the food groups: grains, vegetables, fruits, protein, dairy and healthy fats. Carbohydrates and protein are two very important nutrients needed in any exercise plan. Carbohydrates are your body's main source of energy. Carbohydrates are constantly used and used even more when you exercise. It is important that you restore what is lost. Protein is needed for maintaining and/or gaining muscle and it helps you achieve optimal results from your work out.

Carbohydrates are found in many foods but it is important to understand that some carbohydrate-rich foods are healthier than others. Focus on whole grains, fruits, and low fat dairy.



Timing is everything!

Since food is your body's fuel, it is important to eat before you work out. Exercising on an empty stomach can hinder your workout. You may feel tired sooner and get less out of your time spent at the gym. However, be cautious of what you eat and when you eat it. If your work out is about four hours away, eat a regular, balanced meal. If your workout is about two or three hours away, eat a smaller, well- balanced meal. It is not a good idea to eat a high fat or very high protein meal soon before a workout because these foods take longer to digest. If you are feeling hungry half an hour or an hour before your work out, have a light carbohydrate snack. Graham crackers, a small banana, or low-fat yogurt make a great pre-workout snack.

Soon after your workout, you will probably feel hungry. Eat a light snack within half an hour after exercising. This snack should include protein and carbohydrates to best refuel your body and aid in muscle recovery.



Here are some smart and tasty post-work out snack ideas:

- Peanut butter and banana on top of rice cakes
- Hummus and pita
- Low fat yogurt and berries
- Tuna on whole wheat crackers
- Turkey and low fat cheese with apple slices
- A nutrition bar such as PowerBar Triple Threat Energy



It starts at the grocery store...

To ensure you are eating right, it is important to purchase healthy foods for your home, at work, and on the go. Set up a healthy grocery list so you can buy the foods that will properly fuel your body.

Lean Protein	Turkey, canned tuna, skinless chicken breasts, fish, leanest beef/pork
Nuts, Beans & Healthy Fats	Peanut/almond butter, hummus, lentils, beans (chickpeas, garbanzo beans, kidney beans, black beans, etc.), nuts (almonds, walnuts, etc), olives, olive/canola oil, avocados, no trans fat mayo, margarines & salad dressings
Dairy	Low-fat cheese slices, 1% or skim milk, low-fat yogurt, fat free or low-fat milk, cottage cheese
Grains	Wheat Thins/Triscuits, graham crackers, whole grain cereals, rice cakes, brown rice, whole wheat pasta, whole grain cereal bars, oatmeal, barley & whole other grains.
Fruits and Vegetables	Include a variety of your favorite fruits and vegetables throughout the day. Try new fresh and frozen varieties avoiding those with heavy sauces.

Stay hydrated!

Drink plenty of water throughout the day and before, after, and during your workout. If your work out lasts longer than an hour, you may want to include half a cup of juice or 8oz of a sports drink during your work out. The carbohydrates and electrolytes will keep you energized and help maintain your hydration. There are a variety of sports drinks on the market. Remember that these beverages are not calorie free so be sure to read the labels and pay attention to serving sizes.



The below sample menu ideas include your workouts in your daily eating plan.

<u>Early morning workout menu:</u>	<u>Late afternoon workout menu:</u>
Pre workout snack (15-30 minutes before): 1 small banana OR 1 slice of wheat toast with jelly	Breakfast: 2 egg white omelet filled with 1 slice low fat cheese, topped with salsa, with a side of wheat toast and jelly
Breakfast (post workout): 1 cup oatmeal, 1 cup low-fat yogurt, 8oz orange juice	Snack: 1 medium apple with 2 Tbsp. peanut butter
Snack: ½ cup mixed nuts and dried fruit	Lunch: Vegetable salad topped with grilled chicken and low fat dressing. 1 cup low-fat yogurt
Lunch: Turkey sandwich on wheat bread with low-fat cheese and favorite veggies, 1 cup vegetable soup, 1 cup pretzels	Pre workout snack (30 minutes before): 1 granola bar (like Quaker Chewy Bar)
Snack: 5-6 whole grain crackers with hummus for dipping	Post workout snack: 1 cup low fat cottage cheese with pineapple
Dinner: 1 baked skinless chicken breast, ½ cup brown rice, 1 cup steamed carrots, tossed salad with low-fat dressing	Dinner: 3-5 ounces grilled salmon, 1 med. baked potato with 1 tsp. margarine or low fat sour cream, 1 cup steamed broccoli, 1 small wheat dinner roll
Snack: 2 sheets of graham crackers with 8oz skim milk	Snack: 1-2 cups low fat pop corn

