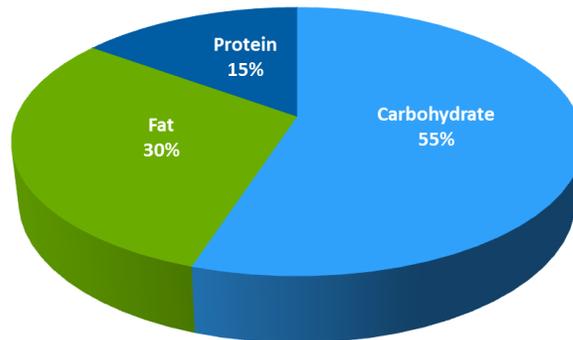


Eat For Energy



Do you ever feel like you want more energy? Incorporate these nutrition tips to get what you're after.

The macronutrients carbohydrate, fat, and protein provide the body with energy. Calories are a unit used to describe the amount of energy in food and drink. How much of each macronutrient should be in your diet is shown in the pie chart below. Notice that carbohydrate should be the largest piece of your energy pie.



Tips to eat for energy

- Couple the carbohydrate in your meal or snack with protein, fiber, or both
- Eat 1 ½ - 2 cups of fruit and 2 - 3 cups of vegetables daily
- Have breakfast every morning
- Drink 64 - 80oz of water each day

Eating every 3 - 4 hours, by incorporating snacks between meals, helps provide your body with a steady supply of fuel. **Strive for healthier options than what most vending machines can provide by bringing items from home such as:**

- A piece of fresh fruit
- A low fat string cheese
- A 100 calorie pack of unsalted almonds
- A low fat yogurt
- A granola bar
- A few whole grain crackers

http://www.fitness.gov/blog-posts/fuel_for_success.html

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/fatigue-fighting-tips>

My eat for energy self-assessment:

- I couple the carbohydrate in my meals and snacks with protein, fiber or both: (circle one)
Never Rarely Half of the time Usually Always
- I eat 1 ½ - 2 cups of fruit and 2 - 3 cups of vegetables daily: (circle one)
Never Rarely Half of the time Usually Always
- I eat breakfast: (circle one)
Never Rarely Half of the time Usually Always
- I drink this much water daily: (circle one)
<16 oz 16 - 32 oz 32 - 48 oz 48 - 64 oz 64 - 80 oz
- I incorporate healthy snacks in order to eat every 3 - 4 hours: (circle one)
Never Rarely Half of the time Usually Always

My eat for energy goal (write SMART goal below):

Try to make your goal SMART:

- Specific
- Measureable
- Attainable/Achievable/Action-Based
- Realistic
- Timely

Eat well and be energetic!