

# EATING FOR FUEL

## BEST PRACTICES FOR OPTIMAL ENERGY

- Think of adding healthy foods to your existing meals. When we eliminate food groups, we don't allow for sustainable change.
- Aim for half your meal to be colorful fruits and vegetables. Eating a healthy diet that consists of whole grains, a rainbow of produce (fresh, frozen or canned), lean proteins and healthy fats can ensure that our bodies are getting the necessary nutrients it need to fuel up!
- Eat like a KING at breakfast, a PRINCE at lunch and a PAUPER at dinner.
- Watch your sugar intake. The American Dietetics Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it's 150 calories per day, or about 9 teaspoons.
- Coffee is great for your health, as long as you are thriving on it, not surviving on it. Enjoy your cup of coffee in the morning, only after you have consumed 25% of your total ounces of recommended water for the day. That way, you stay properly hydrated all day long.
- Focus on consuming more B Vitamins during the day. Foods that are high in Vitamin B (contain at least 20% or more the daily recommendation) include salmon, leafy greens, eggs, legumes, beef, chicken, turkey, milk, yogurt, sunflower seeds & oatmeal.
- Finally, don't forget the importance of movement. New evidence shows that just 15 minute bouts of exercise, or about 150-minutes per week, can increase your endorphin levels for optimal energy, creativity and productivity!