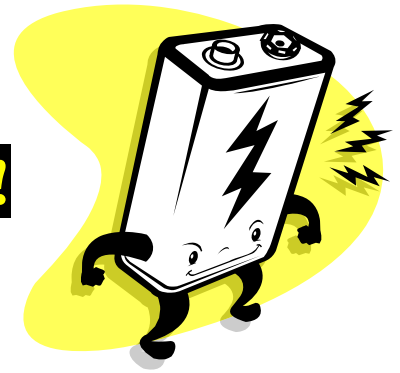


# *Making Healthy Choices*

## **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.**

