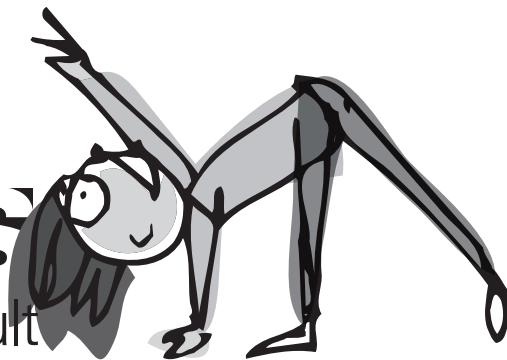


Nutrition Tips

FIT FACTS

For the Fitness-Conscious Adult



Are you a well-oiled machine?



Do you make fitness a priority? Are you making wise food choices to fuel your exercise and promote overall health? Take this simple survey:

Y N

- Are you active at least 30 minutes five days a week?
- Do you eat or drink at least 3 servings of milk, yogurt or cheese daily?
- Do you eat at least 2½ cups of vegetables per day?
- Do you eat at least 2 cups of fruit daily?
- Do you eat 5 to 6 ounces of protein sources per day?
- Do you sip water or other fluids throughout the day, not just when you're thirsty?

If you answered "yes" to these questions, you're likely making good choices to fuel your active lifestyle. To maximize your efforts, pay attention to what you eat.

Food for Thought: Keeping Balanced Meals Top of Mind

Whatever your fitness level, a sound eating plan is not only necessary for health and well-being, but may be just the fuel you need for an improved fitness edge. In fact, good nutrition will help you perform better and recover faster post-workout. Think nutrient-rich, which means getting the most vitamins, minerals and other nutrients — but not too many calories — from the foods you choose.

Build your best diet with a variety of foods from all Five Food Groups.

Low-fat or fat-free milk, cheese and yogurt together provide nine essential nutrients such as calcium, potassium, vitamin D and protein. These help build and maintain bone mass and are important for promoting good health. Potassium also helps regulate the body's fluid balance and supports healthy blood pressure.

Protein-rich foods build and maintain muscle mass. They also aid in muscle recovery after strenuous exercise. Sources of protein include lean meats, poultry, fish, eggs, beans and legumes, such as soybeans, lentils, nuts and peanut butter.

Grains — such as cereals, bread, pasta and rice — supply energy for working muscles. At least half of your grains should be whole grains such as whole-wheat bread, brown rice, bulgur and oatmeal.

Fruits and vegetables contain necessary carbohydrates which fuel your body. From asparagus to zucchini, berries to cantaloupe, you'll reap a bounty of good nutrition when you choose from a colorful variety of fruits and vegetables. Choose those that are brightly colored — green, yellow, red or orange.

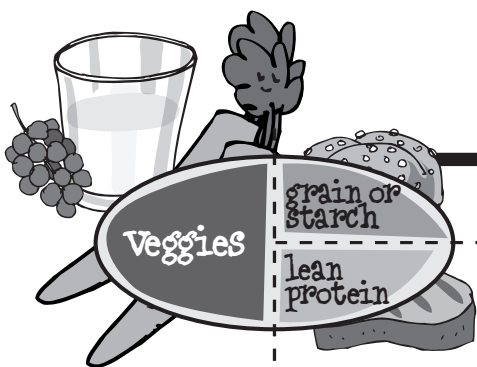
Your body relies on **fat** for energy during prolonged activities. Fats also play a role in immune function, joint health and the feeling of fullness. Choose monounsaturated and polyunsaturated fats more often. Try vegetable oils such as olive, canola and safflower when cooking, take a handful of almonds, peanuts or walnuts for a snack, or top a salad with avocado slices or olives.



Vitamins and minerals are vital in promoting general health.

People who eat a diet rich in dairy, fruits, vegetables, grains and lean meats likely get enough vitamins and minerals and don't need extra supplements. The American Dietetic Association recommends food first in order to meet nutrient needs.

Contrary to popular belief, active adults don't need extra protein. MyPyramid recommendations are sufficient to meet protein needs for most fitness conscious individuals and recommendations can generally be met through diet alone, without the use of protein or amino acid supplements. In addition, overeating protein can increase your risk for dehydration.



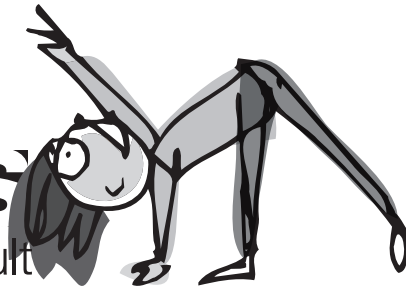
Design Your Nutrient-Rich Plate

One way to ensure you get a variety of foods from each food group is to follow this simple "plate" — make **HALF** your plate vegetables, one **QUARTER** a grain or starch and one **QUARTER** lean protein. Complete your meal with a piece of fruit and a glass of low-fat milk.

Nutrition Tips

FITFACTS

For the Fitness-Conscious Adult



Fuel Up with Breakfast

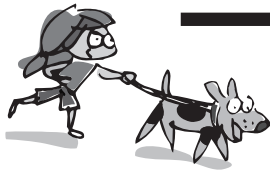
Breakfast? Don't leave home without it. Your body utilizes sleep to "recover" from your day's work (including your workouts). In the morning, your energy stores are low and it's time to fuel up for the day. Think of it like putting gas in your car — your car can't run without it, so you need to fill it up.

Beyond the Flavor: The Benefits of Chocolate Milk

Emerging research reveals that the nutrients in low-fat chocolate milk are just right for active adults to recover after a workout. This great tasting beverage contains fluid and electrolytes to rehydrate and replenish, carbohydrates to fuel, and protein for muscle maintenance and repair. Improve your post-workout regimen by refueling your body with milk within 30 minutes after exercise.

Stay Hydrated

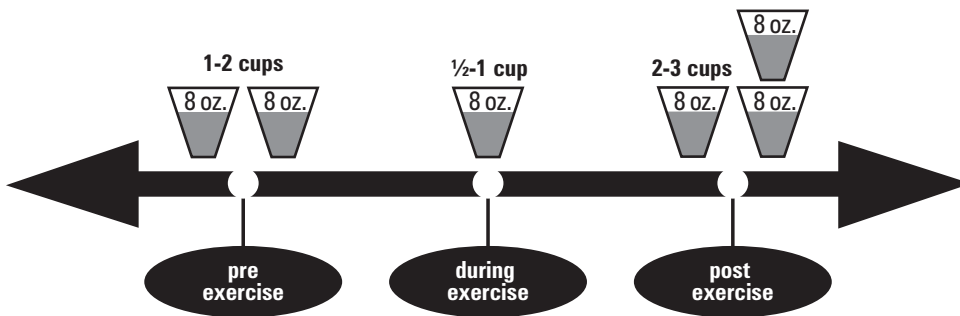
The body is 60 to 75 percent water. When you exercise, your body loses fluids through sweating and breathing. Drinking adequate fluids before, during and after exercise helps maintain the body's water level.



Take a peek at your urine! If you're sufficiently hydrated, your urine should be light yellow to colorless. Yellow to dark urine is a sign of dehydration, and you should drink more fluids.

Water is supreme; however, sports drinks that contain 6 to 8 percent carbohydrates* and electrolytes are recommended during exercise that lasts longer than one hour, or if exercising in hot, humid conditions. Drinks containing more than 8 percent carbohydrates, such as fruit juice and soda, can cause stomach upset. Carbonated beverages are not recommended since they may cause stomach bloating and a burning sensation in the throat.

Whatever your preference, make sure you drink up and stay well hydrated. Keep a water bottle handy throughout the day. To make sure you are fully hydrated, follow these fluid intake recommendations:



* Grams of carbohydrate per 8 ounces divided by 240, multiplied by 100 equals percent

References:

- Clark, Nancy, MS RD. Sports Nutrition Guidebook, 3rd edition
- Duyff, Roberta Larson. Complete Food and Nutrition Guide, 3rd edition
- Gatorade Sports Science Institute, Sports Science Library: Carbonated Drinks and Athletics, gssiweb.com/Article_Detail.aspx?articleid=500
- Kundrat, Susan, 101 Sports Nutrition Tips

Snack Attack!

Because you're expending more energy you have higher daily calorie needs. Eating every three to four hours throughout the day — this means three meals and a few snacks (200 calories or less) — helps to maintain energy levels and keep hunger at bay. Nutrient-rich snacks:

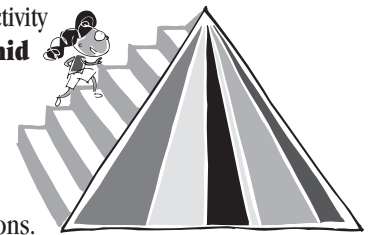
- fruit and string cheese
- fruit smoothie
- nuts or trail mix
- cheese and crackers
- low-fat granola bar
- chocolate milk or hot cocoa
- vegetable sticks with hummus
- single-serve yogurt with fruit or low-fat granola
- cereal with milk
- apple with peanut butter

MyPyramid

MyPyramid is a terrific guide to help you choose a variety of foods in the right amounts to achieve optimum health. You can customize an eating plan that's best for you based on your age, sex and activity level at www.mypyramid.gov.

Even better, enter your food choices and physical activity into **MyPyramid**

Tracker to assess if you are meeting current recommendations.



MyPyramid.gov
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