

## **Eating to Fuel Your Body**

There are three macronutrients your body uses daily: Protein, Carbohydrate and Fat. Each of these play a different role and have an important purpose.

**Protein-** The building blocks of many structures- blood, bones, muscles, nails, hair etc. Protein is needed to make and manufacture. It is needed to build and repair tissues throughout your body. It is also important for your body to make hormones and other chemicals necessary for life. Examples of foods that contain protein include: any type of meat, yogurt, cottage cheese, eggs, nut butter etc.

**Carbohydrate-** Also referred to as glucose or “sugar”, carbohydrates are quickly broken down (into glucose) in your stomach and intestines for energy in your muscles and all vital organs. Glucose can also be stored in muscle tissues for later use. Examples of foods that contain primarily carbohydrate include: fruit, bread, rice and pasta.

**Fat-** higher in calories compared to carbohydrates and protein so therefore more dense in “energy” for your body. Fat is broken down slower in your body and helps to absorb essential vitamins. Fats contain essential fatty acids needed by your body to make structures and chemicals as well. Fat is stored to help insulate your body and keep you warm. Examples of foods that contain primarily fat include: avocado, butter and mayonnaise

A healthy diet incorporates a combination of these three types of foods so that your body can function- vital organs work, you can build & maintain muscle and proper chemicals/hormones can be made in your body.

### ***How often should you eat?***

It’s important to eat three meals a day to maintain your metabolism. Your body uses glucose as a primary fuel source for your brain, muscles and other metabolic functions. It is important to provide this fuel at regular intervals throughout the day, to replace the energy you have used. Don't forget- even if you are not exercising, your body is using energy for vital body functions i.e- your heart beating, breathing, organs working etc.

Eating six meals instead of three is more of a personal preference. Many people assume that they will lose weight by eating six small meals; however, this can backfire and actually result in weight gain- if portions are not closely monitored. For some, eating six times a day is not feasible with their daily schedule, so three meals will work better. For others, eating more frequently is better. Overall, a minimum of three meals daily will help to maintain a healthy metabolism and keep your body fueled with the energy it needs for the metabolic functions as well as any physical activity.

### ***What types of foods should you eat before practice or a workout?***

In addition to three meals per day, try to eat at least 60 minutes before an intense practice or game, but it can be somewhat personal preference. The snack should be predominantly carbohydrate because it empties quickly from the stomach and becomes readily available to be used by muscles. Some examples might be fruit with a little bit of nut butter, yogurt, granola or protein bar, string cheese and crackers, fruit smoothie, ½ of a PBJ.

### ***What should you eat after a performance/ workout/ practice?***

A combination of protein and carbohydrate to refuel within 30 minutes of workout would be best. This will replenish the energy you used and also help to repair the muscle tissue. Some examples might include: milk, yogurt, peanut butter and whole wheat bread, protein shake, protein bar, egg with toast etc.

### ***What should you eat during the day during contest season?***

It's extremely important you are having three balanced, healthy meals on competition days and leading up to it. If you do feel hungry, lightheaded or dizzy during a long competition day, it is a good indication you need some fuel. Carbohydrate foods would be best for a quick burst of energy. Some examples would include a small piece of fruit or dried fruit. Avoid high fat meal/foods during activity- it takes longer to digest and could cause upset stomach.

### ***What will happen if you don't fuel your body adequately?***

Hypoglycemia- "Low blood sugar"- this is a result of not consuming enough carbohydrate. Your body has used all of the glucose it has stored causing you to feel dizzy and lightheaded. This can develop into a more serious health condition if not corrected by eating some carbohydrate.

Muscle breakdown- When your body does not have glucose, it looks for stored sources of glucose to use. One of the places glucose is stored in your muscles, so your body will start to breakdown your muscle tissue to get the glucose to use. As a result, you have less muscle mass, which ultimately lowers your metabolic rate- meaning you burn fewer calories at rest.

### ***How many calories do you need?***

Every person has different calorie needs because there are so many variables to consider when figuring out your calorie needs. The amount of calories your friend needs is different than what you need. Height, weight, muscle mass and activity level are a few of the factors used to determine calorie needs. As a general rule, basic metabolic functions (heart beating, breathing etc) requires at least 1200 calories per day for the average person. When you add on any physical activity, increased muscle mass etc this number goes up. It is crucial to listen to your body and eat when you feel hungry, and stop when you feel full in addition to eating regularly throughout the day and not skipping meals.

## Healthy Meals and Snacks

### Breakfast

- 1) Grains - Use the '5 rule' for choosing breakfast cereals, granola, oatmeal, breakfast bars, etc {Good options include KIND brand bars, Kashi cereal, double fiber oatmeal, etc}
- 2) Yogurt - Greek Yogurt, choose plain and then add flavor with fruits (berries, apples, pears, pomegranate seeds, almonds, etc); Siggi's brand yogurt with nonfat or 1% milk. {You want more protein than sugar for yogurt}, add granola to make a parfait.
- 3) Protein sources - Scrambled eggs, prep boiled eggs ahead of time and have available in the refrigerator, omelets on the stove, mini muffin egg cups with veggies (freeze and warm up when needed)
- 4) Bread options - Whole wheat English muffin, half of a whole wheat bagel or slice of toasted whole wheat bread topped with natural peanut or almond butter {This is easy to grab and go}, Whole wheat muffins made ahead of time with yogurt or a boiled egg for additional protein.
- 5) Homemade shakes/ smoothies - Make sure you have a protein source (hemp seeds, Greek yogurt, almond milk, non- fat to 1% milk, almond butter, whey protein powder, PB2, etc) so you stay fuller longer, add flax seeds for additional fiber, omega 3 fatty acids (healthy fats) {Have cut fruit and vegetables in your refrigerator so it's easy for you to throw into a blender in the morning}
- 6) Overnight oats could be something to make ahead of time and grab in the morning - Combine ½ cup oats, 1 scoop protein powder (or peanut/almond butter), ¼ cup fruit, ½ banana, 1 tsp vanilla, chia seeds on top, 1 cup or more of milk to make it wet enough, Honey or Truvia to taste. Keep in mason jars in the refrigerator overnight. Warm up in the microwave in the morning for an easy breakfast.
- 7) Check out our breakfast recipes - <http://healthybiteshouston.com/recipes/breakfast/>

### Lunches/Dinners

- 1) Choose healthier options when eating out- see next page.
- 2) Rotisserie chicken - prep over the weekend and portion out for the week, can pair with rice or pasta, veggies, potatoes etc.
- 3) Amy's, Evol, Kashi brand frozen meals
- 4) Leftovers from the night before or dinner time - pack into container the night before.
- 5) Sandwich on whole wheat bread- turkey, chicken breast, lettuce, tomato, avocado
- 6) Tuna or chicken salad with veggies- Tuna or chicken mixed with mayo or greek yogurt, have with a few crackers and veggies or fruit
- 7) Pasta salad- Whole wheat pasta, chickpea pasta, black bean pasta, olive oil and balsamic vinegar, various veggies- cucumber, tomato, bell pepper etc, could also add grilled chicken for additional protein
- 8) Chicken/ Fish/ Veggies in a foil packet - check HBH website for details

- 9) Check out our lunch/ dinner recipes (<http://healthybiteshouston.com/recipes/dinner/>) - such as: Healthier Pesto Chicken Salad, Panko Crusted Chicken, Quinoa Greek Salad (add chicken for additional protein), Sweet Potato, Corn, Black Bean tacos (add chicken for additional protein), Roasted Vegetable Quesadillas

### **Healthy snacks**

- 1) Hummus (check out premade options like Sabra brand or make your own)- Eat with veggies such as celery, pre cut carrots, bell peppers. Prep in a mason jar ahead of time and have in your fridge to grab and go. Also have single serve containers to grab from the grocery store. Pair with a bag of prewashed baby carrots.
- 2) Protein sources - Low fat string cheese or Laughing Cow cheese wedge, yogurt, boiled eggs, nuts, cottage cheese.
- 3) Almond Butter/ Peanut Butter: Look for natural options - Justin's brand. Single serve packets available at the grocery store for easy packing in your bag
  - a) Combine with apple or banana
  - b) Smear on dates
  - c) Add to celery
- 4) Natural popcorn (Boom Chicka Pop is a good brand) or make your own popcorn at home.
- 5) Fruit (fresh or dried like dates- no added sugar). Prewash your fruits and pre-bag or put into containers so that it is easy to pack or grab
- 6) Granola - Look at sugar and protein content before buying- try KIND brand.
- 7) Protein bars- The '5 rule': Larabars are all natural, no added sugar, KIND bars
- 8) Trail mix with dried fruit and nuts- create your own for a healthier option. Buy ingredients in bulk, make a batch and put in bags that you can keep in your backpack or gym bag.
- 9) Fruit smoothies- We have a few different recipes on our website as well. Can make these ahead of time- add ingredients to ziploc bag ahead of time, add to blender with liquid and blend when ready to drink it
- 10) Homemade energy bites- Recipes at [www.healthybiteshouston.com](http://www.healthybiteshouston.com). Can easily make a batch of these on the weekend- place into bags so you can grab them quickly before school during the week.

### **Hydration**

- You should be drinking at least 8 glasses of water per day or about 64 oz
- If you are working out or outside more, increase water consumption
- Flavoring water may help you to drink more water- try adding fresh fruit to your water, using a fruit infusion bottle, crystal lite, Mio drops
- Be careful of caffeinated beverages especially before a workout or performance as they can dehydrate you

## Eating on the Go

Restaurant	What to order
<b>Panera Bread</b>	<p><u>Breakfast</u> - Mediterranean Egg White Sandwich, Avocado, Egg White &amp; Spinach Sandwich, Turkey Sausage, Egg White &amp; Spinach Sandwich, Power Almond Quinoa Oatmeal</p> <p><u>Soups</u>- Cup Low fat Chicken Noodle, Cup Low fat Vegetarian Garden Vegetable with Pesto, Cup All Natural Turkey Chili</p> <p><u>Sandwiches/ Paninis</u>- Half Mediterranean Veggie, Half Tuna Salad, Half Napa Almond Chicken Salad, Half Turkey Breast on Country Bread</p> <p><u>Salads</u>- Half Ancient Grain, Arugula and Chicken Salad, Half Asian Sesame Chicken Salad</p>
<b>Chick-Fil-A</b>	<p><u>Breakfast</u> - Greek Yogurt Parfait, Multigrain Oatmeal</p> <p><u>Entrees</u>- Grilled Chicken Nuggets, Grilled Chicken Sandwich</p> <p><u>Salads</u>- Market Salad, <u>Dressing</u>: Reduced Fat Berry Balsamic Dressing</p> <p><u>Sides</u>: Fruit cup, Small French fries (if you wish for fries)</p> <p><u>Drinks</u>: Water, Unsweetened iced tea, *Diet Lemonade- Water is best but if you have to have a flavored beverage, choose diet for lower sugar content or dilute regular version with water</p>
<b>Corner Bakery</b>	<p><u>Salads</u> - Mixed Greens Salad, Asian Street Salad with dressing on the side</p> <p><u>Soups</u>- Mom's Chicken Noodle, Zesty Chicken Tortilla</p> <p><u>Sides</u>- Baby Carrots</p> <p><u>Pasta</u>- Cavatappi with Marinara</p> <p><u>Sandwiches</u> - Chicken Pesto on Ciabatta Bread, Mom's Grilled Chicken on Harvest Bread, Mom's Turkey on Harvest Bread</p>
<b>Subway/ Which Wich</b>	<p><u>Bread</u>- Choose whole wheat bread when possible</p> <p><u>Protein</u>- Choose turkey or chicken for a leaner protein source</p> <p><u>Contents</u>- Load up on colorful vegetables for your sandwich, Flavor with pesto or hummus (at Which Wich) compared to mayonnaise, pick mustard, oil and spices over mayo for less fat content</p> <p><u>Options</u>- Make a bowl or wrap over a sandwich</p>
<b>Zoe's Kitchen</b>	<p><u>Hummus and Salads</u> - Tabouli Salad, Quinoa Salad</p> <p><u>Sandwiches</u> - Classic Turkey Sandwich, Chicken and Slaw Pita, Turkey Pita</p> <p><u>Entrees</u>- Spinach Rollups, Veggie Kabob, Protein Power Plate</p> <p><u>Sides</u>- Fresh Fruit cup</p>
<b>Sonic</b>	<p><u>Entrees</u> - Grilled Chicken Wrap, Grilled Chicken Sandwich</p> <p><u>Sides</u>- Apple Slices, Small order of French Fries (if you wish for fries)</p>
<b>Freebirds</b>	<p><u>Burritos and Quesadillas</u>- Hybrid size (for burritos), Protein: Chicken (breast meat), Veggie or Tempeh, Wheat or Wheat/ Spinach wrap, Cilantro rice if</p>

	<p>desired (ask for light on the rice or no rice), Light on the cheese or no cheese, Black beans or whole pinto beans, Any sauce except creamy jalapeno, Any side but tortilla strips or sour cream - load up on the veggies!</p> <p><u>Salads and Bowls</u>- For both bowls and salads, protein: Chicken (breast meat), Veggie or Tempeh, All contents similar to the burrito. For dressing: Try using salsa or Pico de Gallo as your dressing of choice, or get the dressing on the side to control how much you use! * Try their featured bowl - the Lite Chicken Bowl.</p>
<p><b>Starbucks</b></p>	<p><u>Coffee/ Americano</u>- Choose iced or hot brewed coffee, add milk in place of cream for fewer calories and fat, If using flavored syrup, use sugar free syrup to reduce calories</p> <p><u>Latte</u>- Order with non fat milk or nondairy alternative (soy, coconut or almond), Reduce flavored syrup by asking for half the amount, Order it “skinny” for nonfat milk and sugar free syrup, *Order an Americano (espresso and water) with milk, add sugar free flavor syrup.</p> <p><u>Mocha</u>- Order with non fat milk or nondairy alternative (soy, coconut or almond), reduce flavored syrup by asking for half the amount, reduce mocha syrup by asking for half the amount. *Instead of a mocha, order a grande coffee with milk and 2 pumps mocha syrup (for grande).</p> <p><u>Frappuccino</u> - Order it “light”, Order smaller size to satisfy craving without excess calories</p> <p><u>Tea</u> - Order unsweetened or sweeten with sugar substitute</p> <p><u>Food/ Yogurt</u> - Wheat and spinach savory foldover, Ham and cheese savory foldover, Evolution fresh greek yogurt parfait</p> <p><u>Hot Breakfast</u> - Spinach, feta, egg white wrap, Turkey bacon egg white sandwich, Egg and cheddar breakfast sandwich, Oatmeal with fresh blueberries</p> <p><u>Lunch</u> - Zesty Chicken and black bean salad, Protein Bistro Box, Roasted Tomato and Mozzarella Panini</p>