

NUTRIGRAM

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ENERGIZE YOUR 2008

Have you thought about making a New Year's resolution? This year, why not choose to feel more energized for 2008? A few small changes or improvements in what you do can make a big difference in your energy level.

What gives us energy?

We get energy from the food and drinks that we take in every day. Calories are actually a measure of how much energy we get from food. Like we measure how hot something is in degrees, we measure how much energy a food has in calories. We also use calories to measure how much energy we use doing different things each day. For example, it might take 50 calories worth of energy to walk to your next class. To feel good, we need to balance the energy that we take in from food and drinks with the energy that we use. If the balance is off, we feel off.

What about energy drinks, bars, etc.?

Technically anything that gives you calories could be called an "energy" product and not be misleading. Most of the products that you see advertised as "energy ____" actually contain caffeine or other stimulants designed to give you the feeling of being energized. You should be cautious of these products for a few reasons. First, not everyone reacts well to stimulants like caffeine and you may develop a dependence on them. They can cause shakiness, dizziness and nervousness. If you become dependent on them, you may get headaches or other unpleasant side effects if you decide to skip them on some days. Second, the products that have been "energized" with stimulants are often the nutrition equivalent of candy bars or sodas and not the healthy products that they are often promoted to be. Finally, the feeling of "energy" that you get from these products is usually short lived and is often followed by a "crash" where you are left with less energy than you started with.

Tips for Feeling Energized in 2008

This year, energize the natural way by following these simple steps:

- ▶ Start the day off right. You've heard it before—breakfast is important. When it comes to feeling energized this is especially true. Even if you start off with something small, you need to eat something when you wake up for the day.
- ▶ Don't skip meals. Your body can use energy that you have stored from previous meals to get through to your next meal, but the longer you make your body wait, the less energized you will feel. Aim for eating something about every 2-3 hours.
- ▶ Avoid quick fixes. You may think a quick sugar boost is just what you need, but for energy it probably isn't your best choice. Foods that give you energy over a longer time are better choices. Think fruits, vegetables and whole grains for long lasting energy.
- ▶ Stay hydrated. You can start to feel the effects of dehydration when you are only slightly low on fluids. Sip all day and plan for extra fluids when you know you will use more like with exercise, illness or when it is really hot or cold out.
- ▶ Sleep! It may seem obvious, but one of the best ways to feel energized is to get enough sleep each night.



BALANCED CHOICES
for a healthy lifestyle

Monthly SUPERFOODS Promotion

Excellent source of fiber, protein, folate, iron, magnesium & calcium

Legumes

The term legume (lehg-YOUM) refers to any of thousands of plant species that have seed pods that split along both sides when ripe. The most common legumes are beans, lentils, peanuts, peas, and soybeans.

They are naturally low in sodium and saturated fat. One serving of beans (1/2 cup cooked) provides 2-6 grams of a mix of soluble and insoluble fiber and nearly 90% of the recommended daily intake of folate.

Canned beans are higher in sodium than fresh but draining and rinsing with water eliminates about 1/2 the salt. Rinsing also helps remove the oligosaccharides, which are the offending gas-producer in beans.

Low in saturated fat

SUPERFOODS

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