



## Nutrition On the Run

When your schedule is packed and you are running from one activity to the next, getting a healthy meal is often the last thing that crosses your mind. Unfortunately, it is during this time that it is so important to nourish your body with good food. The more active you are the more nutrients your body needs, yet many of the foods that we eat when on the run provide us with few important nutrients. To maximize your energy and your performance in all of your activities, follow these simple tips when on the run:

- ▶ **Eat small, frequent meals.** Eating a big meal when you know you are going to be really busy may sound like a good idea, but it could actually slow you down. Your body will have to dedicate a lot of energy to digesting that meal. Instead, eat 5-6 small, healthy meals to keep your body fueled, but not overly full.
- ▶ **Remember to hydrate.** Fluids are essential to keeping your body healthy. In almost every situation, water is the best beverage choice. Low fat milk and 100% fruit or vegetable juice are also good choices to have occasionally.
- ▶ **Go easy on the caffeine.** It may seem like caffeine will help you get going when you are really busy, but it might actually hurt. For some people, too much caffeine can cause anxiety, insomnia, headaches or stomach irritation. Many products labeled as “energy” bars or drinks contain a lot of caffeine. You are better off energizing with nutritious foods that won’t give you the side effects of caffeine.
- ▶ **Think whole, fresh foods.** Fruits and vegetables are jam packed with nutrients and are easy to grab and go. Stash an apple in your bag or keep some carrot sticks in your refrigerator for a quick and easy, nutritious snack.
- ▶ **Beware of things in cans, bags and boxes.** Busy days tend to encourage us to rely on heavily processed foods. Instead, try keeping some healthy snacks on hand like trail mix, whole grain crackers, and packaged foods that only contain ingredients that you recognize.
- ▶ **Choose wisely at restaurants.** When eating out, look for items that are grilled, baked, broiled or lightly sautéed. Avoid fried foods that will take a long time to digest and may make you feel sluggish.

### Ask the Nutrition Specialist

**Q: Does low fat milk have the same amount of calcium as whole milk?**

**A: Yes. All types of milk, including low fat and chocolate varieties have the same amount of calcium. They all provide approximately 300 mg per cup.**

If you have a nutrition question that you would like answered or a topic you would like covered in a future edition of the Nutriagram, submit it to your chef or food service director.

**BALANCED CHOICES**  
for a healthy lifestyle

**SOY**  
good for you

isoflavones      phytoestrogens

essential amino acids

**SUPERFOODS**

How many ways can you say SOY? If you've tried edamame, tofu, or miso soup you're familiar with this versatile source of **PLANT PROTEIN**. But, did you know that soybeans and soyfoods are packed with **ISOFLAVONES** and **PHYTOESTROLS** which may help prevent heart disease and certain types of cancer? Good reasons for you to discover the "joy of SOY".