

Emily's Exercise Nutrition Rules to Live By

Make these the nutrition rules that you live by.

Come back to earth

Try to choose the least processed forms of food—fruits, veggies, whole grains, and high-fiber carbohydrates.

Go for the rainbow

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

Remember, the fewer legs, the better

Avoid eating dark meat. Instead, include a lean protein source with each meal.

Choose fats that give something back

Include healthy fats in your diet, such as olive oil, nuts, seeds, avocado, fish, and flaxseeds.

Start your day the right way

Eat breakfast every day!

Eat five to six meals/day

Eat smaller portions more often, spread evenly across the day. You should eat five to six meals/day. Try to eat foods with protein, carbohydrate, and fat every 3 hours.

Stay hydrated

Keep hydrated by drinking noncaloric beverages, such as water, unsweetened green tea, and unsweetened black tea. Formula for determining your fluid needs:

$.5-1.0 \times \text{body weight} = \text{ounces of fluid per day}$.

Do not waste your workout

Have a preworkout snack and carbohydrate/protein recovery nutrition after intense workouts for optimal nutrition.

Talk to your doctor about supplements

Consider adding a multivitamin with antioxidant complex and an omega-3 fatty acid into your daily routine. Talk to your health care provider before adding supplements.

Get some rest

The body recovers and repairs best when at rest.

Contributed by Megan Mangano, RD, CSSD. Adapted with permission from the Athletes' Performance Nutrition Team, www.athletesperformance.com, and www.coreperformance.com.

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