

# ENERGIZE! It's How You Eat!

## Tips

**Eat something for breakfast.** It doesn't have to be big and you should avoid carbohydrates like bread and sugary cereals if possible- these foods will give you a short burst of energy, but won't last throughout the day. Eat something small and healthy to start your metabolism in the morning, then eat when you're hungry the rest of the day.

**Drink a glass of water if you feel hungry.**

Sometimes thirst and hunger feel similar so your brain doesn't interpret them correctly. If you still feel hungry after drinking that glass, then you're really hungry.

**Avoid eating before you go to sleep.** Think about when you're planning to sleep and stop eating about 4 hours before that. This helps regulate digestion by keeping food in your stomach only when you're active.

**Many small portions > one big portion.** When you eat a little at a time throughout the day, your body processes food better. It also keeps your metabolism active throughout the day instead of giving it rest periods while you're not resting. This will keep you from having periods of exhaustion when your body

## Great Eating for Great Energy

**COLOR CODED:** When you're eating fruits and vegetables, make sure you get every color of the rainbow! It seems kind of lame, but different colored fruits and vegetables contain different kinds of vitamins. For optimal energy, you've got to catch 'em all. Greens have the widest variety of vitamins, by the way, which is why things like kale, broccoli, and spinach are some of the most frequently suggested veggies. "Superfoods" that contain antioxidants, by the way? That's Vitamins A, C, E, and D. Learning what's in season can help you save money while still being healthy and getting variety in your diet.

**WHOLE IN ONE:** Sorry everyone, but that brown-colored "wheat" bread? Not actually any better than white bread. Packages need to say "whole grain" for you to get the real deal when it comes to processed items, but brown rice, millet, quinoa, and barley are some other good examples.

**PROTEIN PERSPECTIVE:** Animal products are great sources of protein, but they can be heavy in fat and cholesterol. Remember when eating plant-based food, quinoa is the only plant that contains whole proteins: you have to get at least two different sources within a digestion cycle to get the full effect. Try different beans, lentils, nuts, and soy products. (While avoiding extra salted or sugared products.)

**DON'T GET BONED:** After a certain point, everyone's' bodies stop processing calcium correctly. Which is why everyone always insists you drink tons of milk to build up your bone density. Osteoporosis is a big problem in the U.S. but dairy products aren't the only source. Try leafy green vegetables, mushrooms, and beans for a healthier alternative.

**SUCKERS FOR SWEETS:** Soda, sweets, and restaurant foods are loaded up with way more sugar and salt than the average human needs (sometimes in a single meal!) Don't drop them altogether- just moderate. Don't eat more than you need to in order to stop feeling hungry and try eating naturally sweet foods like fruits to stave off a sweet tooth- at least those have vitamins too!