

HEALTHY EATING ON THE GO

□ PLAN AHEAD

Healthy meals don't just happen! Many turn to processed convenience foods when hungry—packing in fat, sodium, sugar, and calories but little essential nutrients. Instead, plan meals and snacks a few days ahead. Make a list, buy the foods you need, then make time to prepare them! When you know you'll be on the go, pack snacks ahead of time for quick grabbing. Planning gives structure to your daily choices...but don't obsess.

□ COOK IN BATCHES

When you have time to cook, capitalize on the opportunity to make extra food for later! Batch cook grains or starches, vegetables, meats, sauces, soups and casseroles and freeze or refrigerate for later use. In a pinch, your meal is already prepared, and only needs reheating.

□ KEEP SNACKS SIMPLE

Choose one or two ingredients if you don't have time to get fancy. Think protein, complex carbohydrate, and healthy fat! Aim for a balanced mini meal with 250 calories or less, like chopped vegetables and hummus, nut butter and sliced fruit, or Greek yogurt and whole grain granola.

□ REACH FOR WHOLE FOODS

A *whole* food is a single ingredient food: apple, almonds, carrots, avocado, oats etc. As much as possible, compose your daily diet with whole, unprocessed ingredients. These are nutrient-dense foods—ones with the most vitamins and minerals to support long term wellness. Balance your meal or snack plate with whole foods in each category: lean protein, vegetables, grains or starches, and healthy fats.

FOOD & MOVEMENT

FUELED BY FLIK

IT'S PHYSICAL FITNESS & SPORTS MONTH!

#MOVEINMAY. National Physical Fitness and Sports Month highlights the important role of physical fitness and sports in maintaining physical, mental, and social health. Promoting physical activity has long been a key federal agenda to inspire Americans to adopt lifestyles that support long term wellbeing. The President's Council on Sports, Fitness, and Nutrition, which began in 1956 with President Eisenhower, strives to engage, educate, and empower Americans to be active for sustained health. This May, celebrate fitness, and reflect on the frequency of your physical activity! How can YOU #MOVEINMAY? Remember, you don't have to be an athlete to be fit. It doesn't matter where you are on your journey. Make healthier choices starting today!

THE MANY BENEFITS OF MOVEMENT

The more active we are, the better the body functions.

Regular physical activity may¹:

- ✓ Help manage body weight
- ✓ Reduce risk for chronic disease
- ✓ Help manage blood sugar
- ✓ Help smoking cessation
- ✓ Improve mental health and mood
- ✓ Reduce stress
- ✓ Strengthen bones and muscles
- ✓ Reduce risk of some cancers
- ✓ Improve energy
- ✓ Improve sleep
- ✓ Improve sexual health
- ✓ Increase longevity
- ✓ Support cognitive function & memory



A BALANCING ACT: FOOD & PHYSICAL ACTIVITY

This month's cooking demo marries the importance of regular movement with healthy-for-you food. Wholesome nutrition is essential to sustaining an active lifestyle and fit physique, but can fall short in a society that's perpetually on-the-go. Grab and go meals, fast food, and processed snacks often replace nourishing whole foods as daily fuel. Truth is, you can't out exercise a poor diet... no matter how much you move. So, **put in the effort in the kitchen AND the gym to reap the wellness results you envision.**



DIET



REST



EXERCISE

□ LOOK FOR BUILD YOUR OWN

You can make a more healthful fast food meal when you control the ingredients. Build your own healthy plate! Ask for extra vegetables; ditch add-ons like high-fat cheese, croutons, bacon, or fried foods; request sauce or dressings on the side; opt for greens in place of processed bread products; pick fruit for a side or ask for extra plant-based garnishes to add color with little additional calories.

□ HIT THE GROCERY STORE

The grocery store is an excellent alternative to unhealthy restaurant options. Many stores now feature healthful packaged pre-made meals, a hot bar, salad bar, and soup station. For snacks, stock up on boxed salad, baby vegetables, whole grain crackers, hummus or bean dip, nuts & seeds, natural deli meats, low-fat cheese, yogurt, and fresh fruit.

□ AIM FOR BETTER NOT PERFECT

Don't stress out about food choice unnecessarily. Not every meal can be a perfect meal, so make the best out of your circumstances. Added stress over food feeds unhealthy obsession. Research suggests those preoccupied with weight and dietary restraint may be more likely to gain weight than lose it. What's more? We tend to reach for more refined carbs, sugar, and fat in states of stress!

□ EATING IS NOT AN EMERGENCY

It's OK to feel hungry... When food choices are limited to unhealthy options or you forgot a midday snack, consider waiting until the next meal. It's OK to be hungry for a couple of hours. Do limit fasting between same-day meals or snacks to 4-6 hours to prevent overeating at the next food occasion but allow yourself the opportunity to feel truly hungry. Tune into true hunger and satiety cues...not the clock.

Content adapted from Precision Nutrition.com

EATING TO FUEL MOVEMENT

Nutrition can help or hinder athletic performance and recovery, depending on food choice. **Eating whole, nutrient dense foods is the best way to stay well, build strength, lose fat, and optimize performance.**

Choose a balanced diet, like the Athlete's Plates listed below that meets your unique energy needs and preferences. **According to the National Institutes of Health, you are more likely to be tired and perform poorly during activity when you do not get enough:**

- Total Calories
- Carbohydrates
- Fluids
- Iron, vitamins, and other minerals
- Protein

Energy and nutrient needs vary depending on the person, as well as type and duration of activity! Learn more about Sports Nutrition from teamusa.org!



REFERENCES

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