

Spring Into Your Best Self Smart Snacking for Spring Training

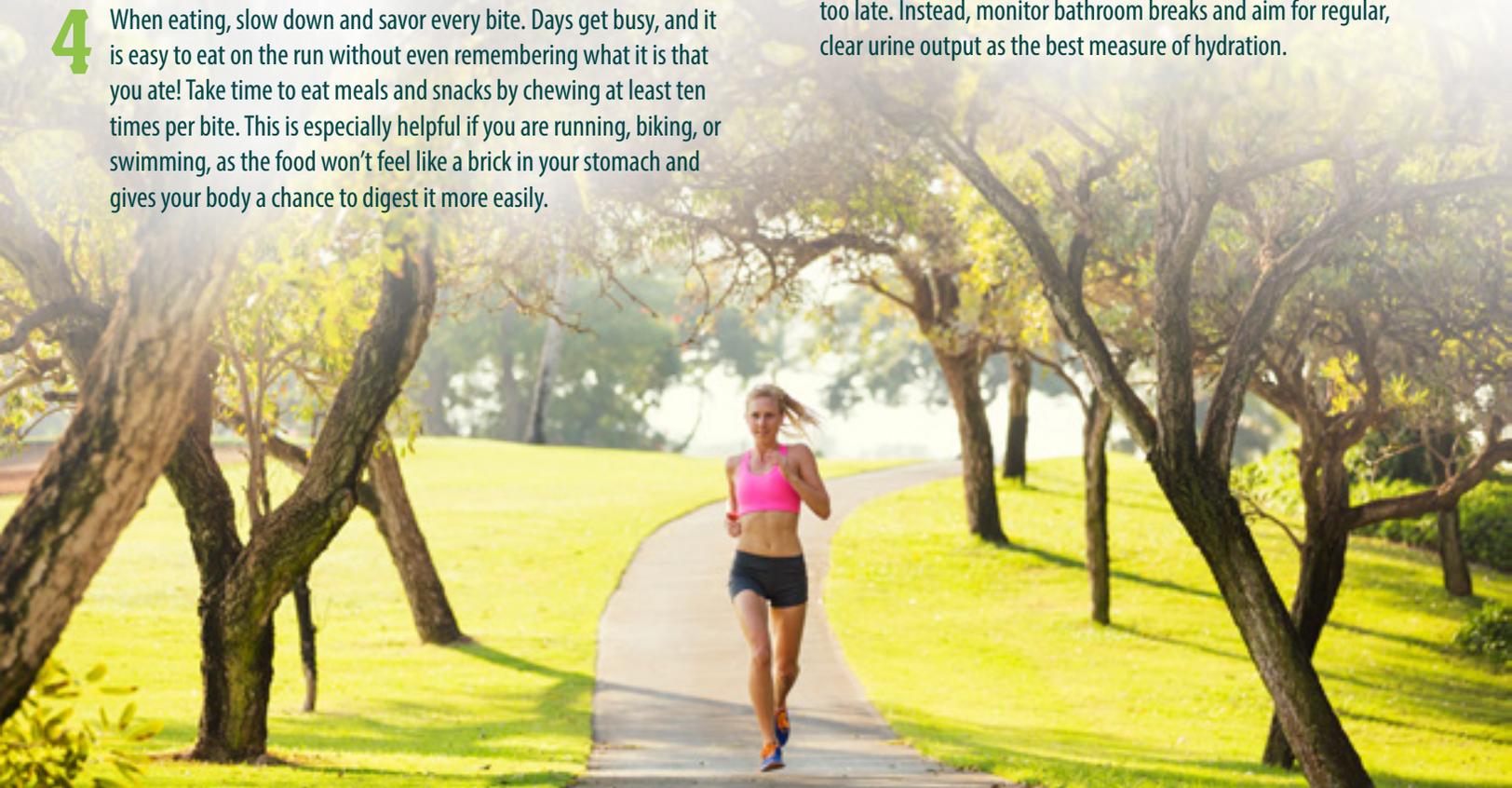


Embrace the spring weather and fuel your body to enjoy the warmer days ahead!

Spring is here and getting outside after a long winter can be so refreshing! Many of us are eager to get outdoors to work in the yard, to meet neighbors to walk, or even to train for a scheduled athletic event. It is important to plan ahead to stay energized—from the drinks we consume to the snacks we eat. Focusing on your day's activities and planning for them helps to prevent mindless eating and allows for healthier food choices.

To help you navigate some of the best options available whether at work or home, consider these tips:

- 1** Keep your body and mind strong by fueling up with carbohydrates, proteins, and fats. Fresh fruit with cubed cheese, a whole grain English muffin with homemade nut butter (see recipe below), or cut up vegetables with hummus or trail mix are excellent options whether working in the yard or heading out for a hike.
- 2** Stay hydrated by drinking water throughout the day. Keeping a container at your desk at work or in the kitchen at home can be a gentle reminder to keep drinking. Try flavored waters offered on-site in vending or in our micro markets to spice it up! Consider making your own flavored water by adding cut up fruit or herbs to ice water. My personal favorite is fresh mint—so refreshing!
- 3** Fiber is important. Smart snacking should include healthy amounts of fiber: both insoluble and soluble. A quick rule of thumb is to aim for 40 grams or more of total fiber daily.
- 4** When eating, slow down and savor every bite. Days get busy, and it is easy to eat on the run without even remembering what it is that you ate! Take time to eat meals and snacks by chewing at least ten times per bite. This is especially helpful if you are running, biking, or swimming, as the food won't feel like a brick in your stomach and gives your body a chance to digest it more easily.
- 5** Sustained energy snacks are helpful when exercising for more than one hour. Consider The Right Choice for a Healthier You™ products found on-site in vending, micro markets, or in the dining room. On-the-go snacks like oatmeal, dried fruits and nuts, yogurt parfaits, or even a half sandwich and soup can keep you fueled up for the long haul!
- 6** Not all foods are created equal when it comes to best energy sources: limit saturated fat and added sugars that may give you a quick boost but do not last long.
- 7** Eat early and often to maintain sustained energy throughout your activities. Skipping meals and snacks makes it hard for your body to keep up. The goal is to eat every three to four hours.
- 8** Depending on your activity and sweat loss, try to consume at least 64 ounces of fluids a day. Don't wait to feel thirsty—which is often too late. Instead, monitor bathroom breaks and aim for regular, clear urine output as the best measure of hydration.



HOMEMADE GRANOLA BARS

1 cup nut butter **Note recipe below*
1 cup honey
2-3 cups oatmeal
1 cup dried fruit, etc.



- Melt in microwave for 1 minute.
- Add 2-3 cups oatmeal (mix with half the amount of your favorite cereal for a new twist!)
- Add 1 cup dried fruit
- Mix in options: shredded coconut, mixed nuts, flaxseeds, wheat germ, shredded carrots, or broccoli slaw, slivered almonds, mini chocolate chips/M & M's, pretzels, sunflower seeds, popcorn, the list goes on!
- Press into 9" x 13" pan. (These bars freeze well!)

HOMEMADE NUT BUTTER

You only need one ingredient - nuts! It can be one variety or mixed nuts, your choice. Simply blend the nuts in a food processor or blender, or any other type mixer you have in the kitchen. Start out with one cup of nuts and blend approximately 10 minutes until reaching desired consistency. If you like creamy nut butter, simply blend longer. For a real treat: roast your favorite nuts before blending to bring out a richness of flavor. One of my favorites is roasted cashew nut butter, *yum!*

