

## Nutrition Know-How for Physically Active Adults

**H**ealthy eating is the key to getting more fun and fitness from your exercise program. Exercise makes your body work hard, and the right food helps your body respond. Food provides fuel (calories) and supplies body building materials (nutrients) to improve strength and aerobic fitness.

### Feed the Machine

Physically active adults, getting 30 to 60 minutes of exercise most days of the week, can easily meet their body's demands for fuel and nutrients through a well chosen eating plan that's in step with their weight goals. Choose mostly nutrient-rich foods from the five food groups to get the carbohydrates, fiber, protein, fat, vitamins and minerals you need to be your best.

### Energize

Carbohydrates from whole grains, vegetables and fruits are your body's favorite fuel because they turn into energy fast. They also supply vitamins and minerals that help your body get oxygen to cells and repair muscle and bone stressed by exercise. Depending on your calorie needs, aim for:

- **Fruits:** 2 to 2-1/2 cups daily. *Focus on fruits.*
- **Vegetables:** 2-1/2 to 3-1/2 cups daily. *Vary your veggies.*
- **Grain Foods:** 6 to 10 half-cup servings daily. *At least half your grains should be whole grains.*

### Strengthen

Getting enough protein is vital for building or repairing muscle, replacing worn blood cells and boosting your immune system. MyPlate recommendations provide all the protein you need:

- **Lean Protein (Meat, Poultry, Fish, Beans, Eggs and Nuts):** 2-3 servings daily for a total of about 5 to 7 ounce-equivalents.
- **Fat free or Low Fat Dairy:** 3 cups daily. Two ounces of process cheese or 1-1/2 ounces of natural cheese count as one cup of milk. One cup of calcium-fortified soy milk delivers protein and calcium.



Garden-Style BLT

### More on Protein!

Food sources of protein deliver important nutrients, including iron, zinc, potassium, magnesium and/or calcium. These nutrients are needed to turn protein into muscle and carbohydrate into energy, create red blood cells, send messages along nerves and contract muscles to get your body moving. So, there's no bonus to protein powder supplements for most people. Food sources of protein taste better, too!

### A Little Goes a Long Way

A little fat with each meal helps your body absorb fat-soluble vitamins that help build your immune system and strengthen bones. Fat is also a concentrated energy source your body can use during extended exercise. But a little goes a long way. The equivalent of five to eight teaspoons a day will do it!

Focus on unsaturated oils from fish and plants, such as olive, canola or soybean oil, along with nuts and avocados because these fats are good for your heart. Eating too much saturated fat and *trans* fat can raise cholesterol and heart disease risk, so limit the amount you eat.

### Cool It

You get fluids from food and beverages. Daily intake from water, fat free milk, vegetables, fruits and 100% fruit juice and sports drinks carries heat away from your exercising muscles, cools them down and prevents heat injuries. Take along a water bottle when you exercise, especially on hot and humid days.

### Fuel First

When your workout happens 3 or more hours after your last meal, start with a small snack (100-200 calories) that contains carbohydrates and is chosen from your daily food group totals. Yogurt, fruit, whole grain crackers or a cereal bar are handy options. The energy boost will make your workout seem easier and more fun!

### Special Needs of Adult Endurance Athletes

Athletes who work out vigorously (more than 60-90 minutes daily), such as marathoners or body builders, need extra fuel and fluid. Some rule-of-thumb guidelines:

**Extra Calories:**

- **Heavy Weight Training:** 400 calories/day
- **Endurance Athlete:** 100 calories/running mile

Extra calories should be mostly carbohydrate, plus 2-3 palm-sized lean protein servings.

**Extra Carbohydrates and Protein: Eat to Compete**

- **Before:** 200-300 mostly carbohydrate calories, like fig bars, fruit or mini-bagels.
- **During:** 30-60 grams of carbohydrate per hour, after the first hour, from sports drinks, energy bars, gels or fruit.
- **After:** Within 30 minutes after exercise, eat a carbohydrate rich snack along with some protein to help re-load the muscles faster with energy for the next day's workout. Aim for 38 grams of carbohydrate plus 7-8 grams of protein

every 30 minutes for 4-5 hours. Example: 1 cup nonfat, sugar-free yogurt and a large banana.

**Extra Fluids**

Sports drinks with carbohydrates and electrolytes improve performance by cooling you down, fueling you up, and replacing lost fluids, sodium and potassium. Here's what to do:

- **Start Wet:** Drink 2 cups of fluid 2 hours before activity. Drink 1-2 cups of fluid 15 minutes before activity.
- **Stay Wet:** Drink on schedule every 10-20 minutes, not by thirst.
- **Replenish:** Weigh before and after exercise, after voiding and without clothes. For every pound lost, drink 3 cups of fluid to rehydrate fully. Rely on sports drinks, or drink water with salty foods that replace lost minerals and electrolytes.

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*Try these Healthy Living delicious recipes that are in step with your busy, active lifestyle.*  
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**Slow-Cooker Chunky Chicken Chili**

**Prep:** 10 min. **Total:** 6 hrs. 10 min. **Makes:** 8 servings, 1 cup each

- 1 can (15 oz.) dark red kidney beans, rinsed
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- 1-1/2 cups TACO BELL® Thick & Chunky Mild Salsa
- 1 can (15 oz.) no-salt-added tomato sauce
- 2 Tbsp. chili powder
- 1-1/2 lb. boneless skinless chicken thighs, cut into bite-size pieces
- 1 onion, chopped
- 1 cup frozen corn
- 1 cup KRAFT Mexican Style Finely Shredded Four Cheese

COMBINE beans, salsa, tomato sauce and chili powder in slow cooker. Top with chicken, onions and corn. (Do not stir.) Cover with lid.

COOK on LOW 6 to 8 hours (or on HIGH 4 to 5 hours); stir.

SERVE topped with cheese.

**Nutrition Bonus:** Not only is this delicious low calorie chili easy to make, but it can also warm you up on a cold day.

**Nutrition Information Per Serving:** 310 calories, 10g total fat, 4g saturated fat, 90mg cholesterol, 590mg sodium, 31g carbohydrate, 7g dietary fiber, 5g sugars, 26g protein, 25%DV vitamin A, 15%DV vitamin C, 15%DV calcium, 25%DV iron.

**Exchange:** 1-1/2 Starch, 1 Vegetable, 3 Meat (L), 1/2 Fat

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**Garden-Style BLT**

**Prep:** 10 min. **Makes:** 2 servings

- 2 thin multi-grain sandwich buns
- 2 Tbsp. PHILADELPHIA Garden Vegetable 1/3 Less Fat than Cream Cheese
- 1 tomato, cut into 4 slices
- 8 cucumber slices
- 4 slices OSCAR MAYER Lower Sodium Turkey Bacon (with sea salt), cooked, halved
- 2 lettuce leaves

SPREAD cut sides of buns with reduced fat cream cheese.

FILL with remaining ingredients to make 2 sandwiches.

**Nutrition Bonus:** Try this flavorful twist on a classic sandwich which adds extra vegetables to provide 1/2 cup per serving. The combination of tomatoes and lettuce provide an excellent source of vitamin A and a good source of vitamin C.

**Nutrition Information Per Serving:** 220 calories, 10g total fat, 3g saturated fat, 35mg cholesterol, 600mg sodium, 26g carbohydrate, 7g dietary fiber, 6g sugars, 11g protein, 30%DV vitamin A, 30%DV vitamin C, 6%DV calcium, 35%DV iron.

**Exchange:** 1-1/2 Starch, 1 Vegetable, 1 Meat (L), 1 Fat

Dietary Exchanges based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 by the American Diabetes Association and the American Dietetic Association.