

PEAK NUTRITION: DON'T RUN ON EMPTY!

If you exercise before breakfast, eat a light snack first to supply your body with the fuel it needs for the workout.

When? Between 30 and 60 minutes prior to exercising.

What? Carbohydrates—about 1/2 gram per pound of body weight. Liquids or semi-liquids digest quickly and therefore aren't as likely to cause stomach upset, but you might prefer something more substantial. It's up to you!

<i>Some good options:</i>	<i>CHO (grams)*</i>
English muffin, fruit jam (2 tbsp)	71
Rice pudding (1 cup, low fat), papaya (1 cup, pieces)	69
Banana (1 large), low fat milk (8 oz)	44
Cream of wheat (1 cup, cooked), raisins (1 tbsp), maple syrup (1 tbsp)	52
Mango juice (8 oz), blended with low fat yogurt (8 oz)	50
Waffles (2 small), jam (1 tbsp)	54
Pita (1 medium), hummus (2 tbsp), tomato (1/2, sliced)	37
Vegetable Lo Mein (1 cup, restaurant style)	40
Soymilk (8 oz, vanilla), peach (1 medium)	24

*Nutrient data from USDA Nutrient Analysis Library or restaurant/product label; approximate amounts



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What should you eat? *MyPlate* (choosemyplate.gov) helps you make good choices about what to eat:

- **Make at least half your grains whole:** Grains such as wheat, oats, or rice provide fiber and B vitamins. They may protect you from constipation and cancer and can help you control your weight. Eating grain products that are fortified with folic acid can prevent some birth defects.
- **Vary your veggies:** Vegetables provide vitamins and minerals and may protect you from diseases such as cancer, diabetes, and high blood pressure.
- **Focus on fruit:** Fresh, frozen, and canned fruits provide color and flavor to your meals and may protect you from diseases such as cancer. Fruits can also help retain the calcium in your bones, preventing bone loss as you age.



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