

Nutrition Know-How for Physically Active Adults

Healthy 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.



Fresh From the Garden Tomato Pasta

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:

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

Strengthen

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

- ◆ **Lean Meat, Poultry, Fish, Beans, Eggs and Nuts:** 2 - 3 servings daily for a total of about 5 to 7 ounce-equivalents.
- ◆ **Lowfat or Nonfat Milk or Yogurt:** 3 cups daily. Two ounces of process cheese or 1-1/2 ounces of natural cheese also equal one serving. One cup of calcium-fortified soy milk delivers protein and calcium.

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 fats 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, milk, vegetables, fruits and 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 extra 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.

Try these delicious recipes that are in step with your busy, active lifestyle.

Fresh From the Garden Tomato Pasta

Prep: 10 minutes

Total: 20 min.

- 3 cups rotini pasta, uncooked
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1/4 cup KRAFT Balsamic Vinaigrette Dressing
- 4 cups coarsely chopped tomatoes
- 1/4 cup chopped fresh basil
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese

PREPARE pasta as directed on package; drain. Keep warm.

COOK garlic and onion in dressing in large skillet 2 min. or until crisp-tender. Add tomatoes; cook an additional 2 min.

TOSS tomatoes with pasta and basil. Sprinkle with cheese. Serve warm with grilled chicken, if desired.

Makes 6 servings, about 1 cup each.

Nutrition Bonus: Enjoy the season's best in this low-calorie, low-fat pasta dish.

Nutrition Information Per Serving: 220 calories, 3.5g total fat, 1g saturated fat, less than 5mg cholesterol, 125mg sodium, 39g carbohydrate, 3g dietary fiber, 6g sugars, 8g protein, 25%DV vitamin A, 15%DV vitamin C, 6%DV calcium, 10%DV iron.

Exchange: 2 Starch, 1 Vegetable, 1/2 Fat

Spinach Salad in a Pocket

Prep: 5 minutes

Total: 5 minutes

- 4 cups packed baby spinach leaves
- 1/4 cup PLANTERS Walnut Pieces
- 1/4 cup raisins
- 1/4 cup KRAFT LIGHT DONE RIGHT! Raspberry Vinaigrette Reduced Fat Dressing
- 4 small whole wheat pita bread rounds

TOSS spinach with walnuts, raisins and dressing.

CUT top 1/3 off each pita bread; discard top or reserve for another use.

SPOON spinach mixture evenly into pita breads.

Makes 4 servings, 1 filled pita each.

Special Extra: Add some chopped cooked chicken or turkey for a heartier salad.

Nutrition Bonus: Enjoy this delicious portable salad at your next picnic or before a hike. As a bonus, the spinach provides both an excellent source of vitamin A and a good source of vitamin C.

Nutrition Information Per Serving: 190 calories, 7g total fat, 0.5g saturated fat, 0mg cholesterol, 310mg sodium, 28g carbohydrate, 4g dietary fiber, 8g sugars, 5g protein, 60%DV vitamin A, 15%DV vitamin C, 4%DV calcium, 10%DV iron.

Exchange: 1-1/2 Starch, 1/2 Fruit, 1 Fat

Dietary Exchanges based on *Exchange Lists for Meal Planning* © 2003 by the American Diabetes Association and the American Dietetic Association