



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

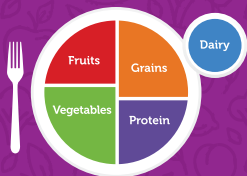
FUELING FOR FITNESS

A nutrition resource to help you nourish your body, boost your energy, build muscle and feel good.

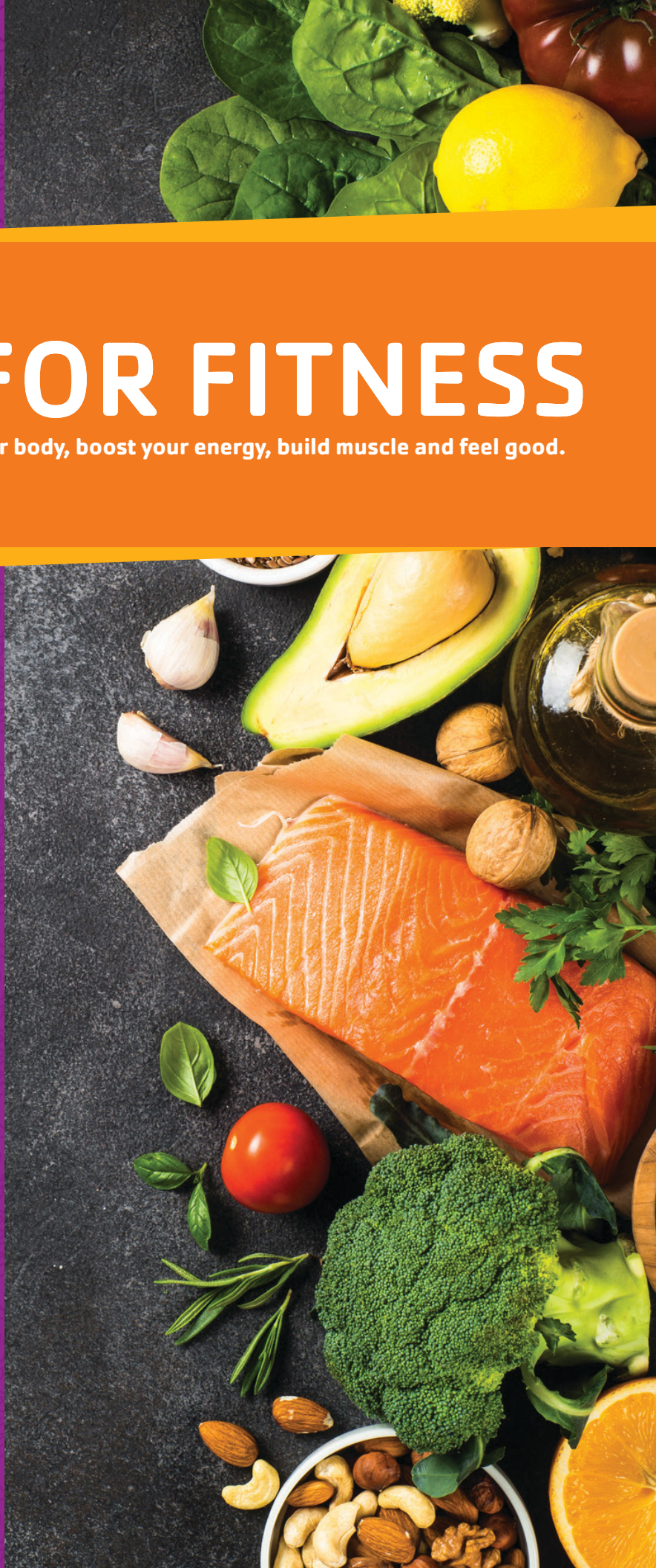
It's time to get stronger, fitter, more confident and more balanced. As you move more, you must rethink what you put in your body. Healthy eating can help you lower your risk of disease, live longer, improve mental health, support digestion and boost brain function. It can also give you the energy you need to get through that BodyPump class.

To help you fuel your new fitness habits and improve your overall wellbeing, we steered clear of fad diets and trendy wellness hacks. We've put together this resource using information from the USDA's MyPlate tools

Visit [MyPlate.gov](https://www.MyPlate.gov) for more information.



Start simple
with **MyPlate**



NUTRITION AT EVERY AGE



No matter the age, your meals should include ingredients from all food groups—fruits, vegetables, grains, protein foods and dairy or fortified soy alternatives. But every phase of life has unique nutritional needs.

Here are some strategies:

NOURISHING KIDS

- Prioritize produce. Fill half of their plate with fruits and vegetables.
- Eat meals together. Disconnect from technology to put the focus on congregating around the dinner table.
- Designate a pantry or fridge shelf for your kids. Stock it with cut-up fruit and veggies, yogurt, nut butters, cheese, whole wheat mini bagels and crackers.
- Encourage kids to help by putting away groceries, stirring ingredients, peeling fruits, assembling salads or setting the table.
- Picky eater at your table? Serve a new food in the same meal with food they already like. It may take a child up to 8 to 10 tries to accept a new food.

NOURISHING TEENS

- Calcium is extra important for teens. If they aren't into dairy, encourage your young adult to try soy beverages, tofu or fresh OJ. Dark, leafy greens are a great source of calcium.
- Seek out lower-sugar options. Choose packaged food that has less or no added sugar, including plain yogurt or unsweetened applesauce. Better yet, opt for fresh fruit.
- Teach your teen how to make a few easy, wholesome dishes.
- Have nutrient-packed, on-the-go snacks prepped for your busy teenager: fruit, veggies, hummus, nut butter, tuna and whole wheat crackers, hard-boiled eggs, popcorn and nuts.

NOURISHING ADULTS

- Make food flavorful — without using tons of salt. Season your food with herbs and spices. Pick spice blends with no salt or sodium. Use chilis, salsa or hot sauce to bring some heat.
- Make sure half of your grains are whole grains, including whole grain bread, pitas, tortillas, naan and rolls.
- Prioritize protein (see the Protein Power article on the next page).
- Don't fear fat. Just limit foods higher in saturated fat and focus on foods like nuts, seeds and fish.

NOURISHING OLDER ADULTS

- Choose foods with little to no added sugar, saturated fats and sodium.
- Protein is vital to maintaining muscle mass as you age (see the Protein Power article).
- Older adults may lose some sense of thirst. Drink water often. Just limit beverages that have lots of added sugars or salt.
- Turn eating into a social event. Invite friends for dinner or brunch, prepare a picnic for your grandkids or take part in a potluck at the Y.



THE BASICS

Don't get bamboozled by the social media influencers, ads and headlines pushing extreme dieting trends. Instead, focus on the basics of nutrition and enjoying a variety of whole foods (meaning minimally processed foods):

CHOP FRESH PRODUCE IN ADVANCE

Cut up fresh fruits like melons and pineapples and veggies like carrots, bell peppers and broccoli when you have a few minutes. Store them in the fridge for meals and snacks.



SWEETEN FOODS WITH FRUIT

Mix fruit into plain yogurt, cooked oatmeal and smoothies to sweeten without adding sugar. Or mix plain yogurt or milk, uncooked oats, cinnamon, chia seeds and fruit for some delish overnight oats.



BAKE, GRILL, BROIL OR ROAST

Limit frying in the dishes you make — especially deep frying — to reduce saturated fat. Most recipes can be adapted for healthier cooking methods.

FIND MORE FLAVOR

Roast your veggies with onion, garlic or shallots. Let your meat marinade. Add a squeeze of lemon or lime juice to cooked vegetables and meat, chicken or fish. Experiment with low-salt herbs and spices. There are tons of ways to make your food delicious without adding sugar or saturated fat.

DRINK UP

Balance your meal by drinking water instead of sugary drinks like soda, lemonade or sports drinks. Try some sparkling water with a lemon wedge or a piece of fresh fruit.



EAT TO EXERCISE

According to the Mayo Clinic, there are some important habits to adopt when it comes to eating and exercise:

- Eat a balanced breakfast.
- Enjoy a small carb-centric meal an hour or more before a workout to boost your endurance and intensity.
- Bring a snack if your workout lasts longer than an hour.
- Don't eat a large meal right before a workout. It can slow you down.
- Have a meal or snack with both carbohydrates and protein within 2 hours of a workout to help your muscles recover.
- Drinking water is extra important for people who are active. Drink water throughout the day and during exercise.

MYPLATE PLAN

Want to know how many grains, fruits, veggies and protein you should eat every day? Scan this QR code to visit the USDA's free MyPlate tool. Press start, enter in your information and get a personalized plan.

www.myplate.gov/myplate-plan



GO GO WHOLE GRAINS

Carbohydrates are fuel for your muscles. They give you energy. Yes, despite what some fad diets might proclaim, carbs help you rock your workout.

But not all carbs are created equal.

Grains are complex carbohydrates that can be split into two groups: whole grains and refined grains. Whole grains retain the entire grain kernel. Think whole-wheat flour, bulgur, oatmeal, wild rice and brown rice. Refined grains have been processed to have a finer texture and increased shelf life, but refining removes dietary fiber, iron and many B vitamins. Examples include white flour, corn grits, white bread and white rice. So, how do you add more whole grains to your diet?

- Try oatmeal, muesli or overnight oats for breakfast.
- Make quinoa salads with beans and veggies for lunch.
- Add wild rice or barley to soups.
- Experiment with amaranth and millet (yes, those are things you can eat).
- Ask about whole grain options when dining out or ordering take-out.



PROTEIN POWER

Your protein prowess is not limited to boring chicken breast or handfuls of raw almonds. There are plenty of ways to get the protein you need to repair and build the muscle that breaks down during your workout.

- Enjoy lean meats, poultry, nuts and eggs but also think about beans, peas and lentils; fill soups, stews, salads and sides with these protein-packed legumes.
- Seafood, including salmon and trout, offer protein as well as Omega-3 fatty acids.
- Slather nut butter over apples or bananas for snacks.
- Mix unsalted nuts, sunflower seeds and dried fruit for some crunchy on-the-go protein.
- When it comes to beef, marinate and grill or broil lean cuts like sirloin, top round and flank.



RETHINK FATS

Healthy fats are essential.

Your body and brain need them. Plus, they will become metabolic fuel for your toughest workouts. Just focus your feasting on monounsaturated and polyunsaturated fats, which are found in nuts, seeds, and fatty fish like tuna, salmon and sardines. These foods, as well as vegetable oils like olive and canola, are good sources of unsaturated fat.



- Switch from butter and cream cheese on your toast to a nut butter or a spread of avocado and a squeeze of lemon.
- Top your salads with olives and nuts as well as a homemade olive oil-based dressing.
- Slather almond butter on whole grain crackers or fruit.
- Top salmon with olive oil, lemon juice, garlic and herbs, and roast.