

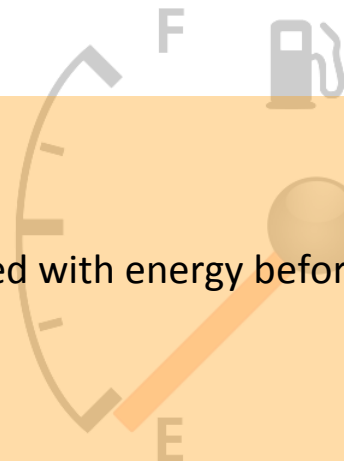
DELICIOUS SNACKS:

Maximizing Your Performance

FOOD: Your Body's Fuel

Just like filling a car with gas, your body needs to be loaded with energy before you start exercising.

No food, no energy!



What Foods Should be Included in Your Snack?



Fruits & Vegetables

AND
/ OR

Grain Products



AND
/ OR



Milk Products

5 Examples of What to Eat Before Exercise



1. 1 apple + 1 cereal bar
2. 4-5 strawberries + 1 yogurt
3. ½ homemade muffin + ½ cup of grapes
4. ½ banana sandwich
5. 1 yogurt drink

Drink Water!

Start drinking **BEFORE** you start exercising. Having enough water is as important as eating for **keeping your energy level** high!



Cereal or Candy Bars?

Many cereal bars are not as healthy as you may think. When buying cereal bars, check the **food label** to make sure it contains:

1. **Maximum 1 g Saturated and Trans fats**
2. **Maximum 12 g Sugar**
3. **Minimum 2 g Fiber**

