Nutrition on the **GO**

What does good nutrition do for you **today**?

- Have more energy
- Have a better workout
- Prevent future health problems
- Sleep better
- Prevent and aid recovery from colds and flu
- Have a positive attitude
- Prevent excessive weight gain
- Have a leaner body

### Try this QUICK and EASY idea to boost your performance everyday!

**Break the Fast!**

Breakfast revs up your metabolic furnace. Breakfast gives you more energy, mentally and physically.

Bring part of your meal with you as you race out the door.

Follow this 1-2-3 Plan any day of the week:

1. Start with protein for power from the milk or meat group (milk, ham, yogurt)
2. Choose a whole grain cereal, bagel, breakfast bar, or crackers.
3. Top it off with a refreshing (and nutritious) fruit or veggie.

### Grab and Go

- Egg burritos, especially those with veggies
- A carton of low-fat yogurt, a baggie of whole grain cereal, and a banana or dried fruit.
- Egg and bagel/English muffin sandwiches, but avoid the biscuit ‘n egg ones, which offer more saturated fat.
- Left-over pizza with orange juice
- Bagel with lite cream cheese or peanut butter and skim milk

### A little more time? Try this!

- A yogurt parfait with layers of your favorite whole grain cereal, topped with fresh fruit
- Whole grain toaster waffles or pancakes with fresh or frozen fruit and low-fat milk
- Bean burrito and cup of juice

A smoothie a day gives you energy to play!

**Basic recipe:**

In a blender, combine 1 cup of frozen or fresh fruit (strawberries, blueberries, banana) with

1 cup of low-fat, or soy milk. Add 1 scoop of soy protein powder (optional), and ice (optional). Whirl away!

Adapted with permission from Christina Reiter, MS, RD.