



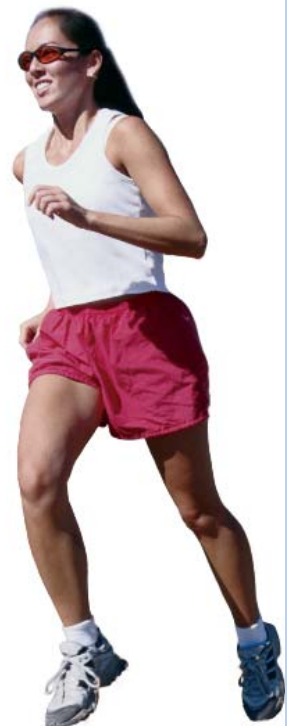
NUTRITION & MOVEMENT GUIDELINES

Nutrition

1. Eat 3 meals and 2 snacks daily.
2. Eat breakfast everyday.
3. Never go longer than 4 hours without food.
4. Eat 40% grains, 40% fruit and vegetables and 20% protein (peace sign).
5. Eat no more than 5 handfuls of food per meal.
6. Snacks should be low to moderate glycemic.
7. Snacks should be 100 to 150 calories.
8. 80% of one's food intake at any meal should be from need foods and 20% from want foods.
9. Eat until you are satisfied, not full.
10. Drink water regularly throughout the day.
11. Limit alcohol consumption at meals to 2 servings.
12. Keep caffeinated beverages to a minimum.

Movement

1. Every 30 to 45 minutes, perform small movements.
2. Every 90 to 120 minutes, perform major movements.
3. Go to bed early and wake up early.
4. Go to bed and wake up consistently at the same times.
5. Get 7 to 8 hours of sleep each night. Highly fit individuals require less.
6. Do some form of physical activity daily.
7. Do at least two strength training workouts per week.
8. Do at least two cardiovascular interval workouts per week.
9. To expand capacity, expend energy to the feeling of discomfort.
10. Breathe from the diaphragm to enhance energy recovery.
11. Exercise at moderate to high intensity.
12. Ideal exercise length is 30 minutes to 1 hour.





SNACKS: GLYCEMIC INDEX EXAMPLES

Low Glycemic Foods

- | | | |
|------------------|---------------------------|---------------|
| Almond M&M's® | Jerky | Peaches |
| Apples | Kimchi | Peanut Butter |
| Beans | Lentils | Peanut M&M's® |
| Cheese | Meats | Peas |
| Cherries | Milk- skim, 1%, 2%, whole | Plums |
| Chickpeas | Mixed Vegetable Juice | Poultry |
| Cottage Cheese | Mousse | Prunes |
| Dried Apples | Nectarines | Salad |
| Dried Apricots | Nutella® | Seafood |
| Eggs | Nutrition bars | Seeds- all |
| Grapefruits | Nutrition shakes | Soy Chips |
| Green Vegetables | Nuts- all | Soy Milk |
| Hummus | Oranges | Tomatoes |



High Glycemic Foods

- Arepas
- Bagels
- Baked Potatoes
- Breads- low/no fiber
- Cakes
- Candy
- Cassava (yuca)
- Cereals- low/no fiber
- Corn chips
- Couscous
- Crackers- no fiber
- Cupcakes
- Dates- dried
- Doughnuts
- French Fries
- Mashed Potatoes
- Pretzels
- Pumpkin
- Rice Cakes
- Rice Crackers
- Sodas- regular
- Sports drinks
- Sugar-sweetened beverages
- Waffles
- Watermelon



Moderate Glycemic Foods

- | | | |
|---------------------|----------------------|----------------|
| Apricots | Chocolate | Kiwi |
| Baked Beans | Cookies | Mangos |
| Bananas | Corn | Muffins |
| Beets | Crackers- high fiber | Oatmeal |
| Berries- all types | Croissants | Papaya |
| Biscuits | Figs | Pasta |
| Breads- high fiber | Fruit bars | Pastries |
| Canned fruits | Fruit Juice | Pineapple |
| Cantaloupes | Granola | Plantains |
| Carrots | Granola Bars | Popcorn |
| Carrot Juice | Grapes | Potato Chips |
| Cereal Bars | Honey | Pound Cake |
| Cereals- high fiber | Ice Cream | Pudding |
| | | Raisins |
| | | Rice |
| | | Rice Noodles |
| | | Sugar |
| | | Sweet Potatoes |
| | | Tortillas |





SNACKS: FOOD EXAMPLES

Dairy

Yogurt- low fat
Cottage cheese- low fat
Milk-1% or skim
Mozzarella string cheese-part skim
Soy milk- low fat

Fruits

Apple
Cherries
Dried apricots
Grapefruit
Orange
Peach
Pear
Plum
Prunes



Proteins

Hard-boiled eggs
Nuts-peanuts, almonds, walnuts,
cashews, pecans, pistachios, soy
Seeds-sunflower, pumpkin
Peanut butter

Others

Beans
Green vegetables
Tomato juice
Trail mix that includes nuts or seeds

Combinations

Banana + peanut butter
Whole grain crackers + peanut butter
Whole grain bread + peanut butter
Cottage cheese + fruit
Raisins + peanuts
Lean lunchmeats or tuna + crackers
Celery + peanut butter
Yogurt + granola
High fiber cereal + milk
Bread + cheese
Yogurt + berries
Pita + hummus
Grapes + cheese
Strawberry + Nutella

