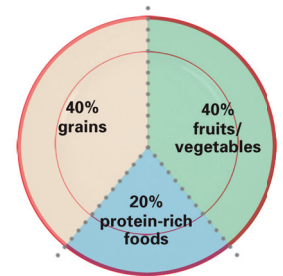


NUTRITION & MOVEMENT GUIDELINES

NUTRITION GUIDELINES:

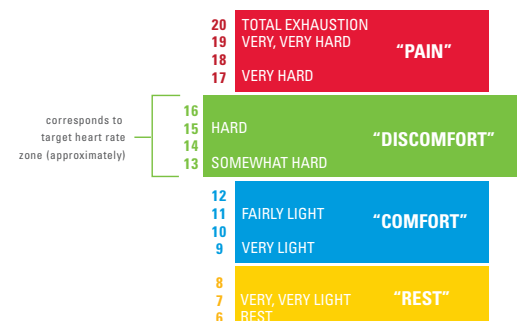
1. Eat 3 meals and 2 snacks daily.
2. Eat breakfast everyday.
3. Never go longer than 4 hours without food.
4. Eat 40% grains, 40% fruit and vegetables and 20% protein (peace sign).
5. Eat no more than 5 handfuls of food per meal.
6. Snacks should be low to moderate glycemic.
7. Snacks should be 100 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 GUIDELINES:

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.

PERCEIVED EXERTION SCALE



NUTRITION & MOVEMENT GUIDELINES

SNACKS: GLYCEMIC INDEX EXAMPLES

Low Glycemic Foods



Apples
Apples, dried
Apricots, dried
Avocados
Beans
Cheese
Cherries
Chocolate-covered peanuts/
almonds
Coconut
Cottage cheese
Edamame
Eggs
Empanadas
Grapefruit
Hazelnut spread
Hummus
Jerky
Kimchi
Lentils
Meat dumplings
Meats
Milk
Nectarines
Nutrition bars & shakes
Nuts (all)
Olives
Oranges
Peaches
Peanut butter
Pears
Plums
Poultry
Prunes
Salad
Seafood snacks
Seeds (all)
Soymilk
Tomatoes
Tomato juice
Tomato soup
Vegetables, most
Yogurt

Moderate Glycemic Foods



Apricots
Bananas
Banana chips
Beets
Berries (all)
Biscuits
Breads, whole-grain
Canned fruits
Cantaloupes
Carrots
Carrot juice
Cereal bars
Cereals, whole-grain
Chocolate
Cookies
Corn
Couscous
Crackers (high fiber)
Croissants
Figs
Flatbread
Fruit bars
Fruit cocktail
Granola
Granola bars
Grapes
Honey
Ice cream
Juices
Kiwis
Mangos
Muffins
Oatmeal
Papaya
Pasta
Pastries
Pineapple
Plantains
Popcorn
Potato chips
Pound cake
Pudding
Raisins
Sugar
Sweet potatoes
Tortillas

High Glycemic Foods



Arepas
Bagels
Baked potatoes
Breads, enriched
Cakes
Candy
Cereals, sweetened
Corn chips
Crackers, no fiber
Cupcakes
Dates, dried
Doughnuts
Graham crackers
Melba toast
Potatoes
Pretzels
Pudding
Pumpkin
Rice cakes
Rice crackers
Rice snacks
Sodas, regular
Sports drinks
Sugar- sweetened beverages
Vanilla wafers
Watermelon

NUTRITION & MOVEMENT GUIDELINES

EXAMPLES OF STRATEGIC SNACKS:

Dairy

Cottage cheese
Milk
Mozzarella string cheese
Soy milk
Yogurt

Fruits

Apple
Apricots, dried
Cherries
Grapefruit
Orange
Peach
Pear
Plum
Prunes

Proteins

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

Others

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

Combinations

Raisins + peanuts
Banana + hazelnut spread
Celery + peanut butter
Whole grain crackers + cheese
Whole grain bread + peanut butter
Lean lunch meats or tuna + crackers
Bread + cheese
Cottage cheese + fruit
Grapes + cheese
Yogurt + berries
Yogurt + granola
High fiber cereal + milk
Pita + hummus
Strawberry + hazelnut spread
Milk + cookie