



EATING SMART

Food is Your Fuel

1.

Use food to improve your mood.

Healthy foods help us feel emotionally balanced and more alert.

2.

Boost energy with “smart” carbohydrates.

Choose to eat whole grains, fruits, vegetables, and legumes.

3.

Eat right for exercise.

The right combination of food and drink fuels a great workout.

4.

Sleep well to eat well.

Fatigue can lead to choosing unhealthy foods.

5.

Test your hunger by drinking water.

Instead of hunger, it may be dehydration.

