

# NUTRITION on the move: FEEDING AN ACTIVE BODY

While it's true that everyone eats, it's also true that not everyone eats healthy! And while eating healthy in general and specifically feeding the body properly for activity is not rocket science, it does require a willingness to learn some basic nutrition and the ability to put this knowledge into practice.

That said, we have a few recommendations of websites and other resources that can help you in your desire to eat healthier. In addition to providing such information as daily calorie requirements, food groups, portion sizes and the like, these sites also offer such features as analysis of current dietary intake, sample menus, online support of others (usually those attempting to lose weight), and even incentives to help achieve goals. And since any and all of this information is optional, you can choose your level of involvement. Not all sites are credible, so make sure to investigate other nutrition info resources: [www.SparkPeople.com](http://www.SparkPeople.com) and [www.MyPyramid.gov](http://www.MyPyramid.gov). For personalized nutrition information, you may want to consult a **Certified** or **Licensed Nutritionist/Registered Dietitian** who would assess, implement and evaluate an individual nutrition plan for you.

STUDENTS: see page 2 for contact information to see the [on campus Dietician FREE](#).

Healthy eating for an active body involves increases in total calories and major nutrients (protein, carbohydrates and fats), above what is required for the body at rest. Just how much more is needed will depend on such things as the type, duration and intensity of the activity, your overall health, nutritional and weight goals and may even vary according to different experts. [CLICK HERE](#) for calories burned per time spent of activity.

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## BREAST CANCER WALK

Monday 10/27  
12:30pm  
@the  
Student Center

*Suggested donation \$5 (or any amount you can afford if any) and walk with us for breast cancer awareness.*

**On the Movers receive  
a FREE gift for  
attending this walk!!**

**Southern  
on the MOVE**



[www.SouthernCT.edu/OnTheMove](http://www.SouthernCT.edu/OnTheMove)

For our purposes here (not elite athletes, not couch potatoes), healthy eating for increased activity/exercise would involve a daily regime of balanced meals and snacks. This would include moderate amounts of lean animal or plant proteins, healthy sources of carbohydrates, such as fruits, vegetables and whole grains, and plant sources of fats, like nuts and nut butters. It would also include plenty of water for maintenance of adequate hydration. A sample feeding schedule around exercise would look like this.

**Pre-activity food intake should be light and contain carbohydrates.**

**Examples of this include:** 6 ounces of low or non-fat fruited yogurt and a banana or a small bowl of wheat cereal with low or non-fat milk, topped with strawberries. You'll also need ~16 ounces of water. **Consume these foods ~1 1/2- 2 hours prior to your activity.**

**Intake during activity should be limited to water.** Amounts needed are estimated to be 4 to 6 ounces of water for every 15 minutes of exercise.

**Post-activity food intake should replace calories, nutrients and fluids used by the body during activity.** Newer research shows that this is the time to consume low fat protein and carbohydrates. Including a glass of low fat chocolate milk is a great start, as is a smoothie consisting of low fat milk or yogurt, whey protein and fruit.

**Other ideas include:** reduced fat cheese, wheat crackers and fruit, a salad with tuna or chicken breast and wheat crackers, or a low fat frozen dinner with a least 16 grams of protein and 30 grams of carbohydrate. Continue to drink water to replace lost fluids. **Consume these foods within 45 of exercise.** This is considered by Nancy Clark, MS, RD, as the post exercise window, the time to optimally nourish, repair and build muscle, and replace stored glucose called glycogen.

**You can read more about Nancy Clark, considered to be one of the leading authorities in Sports Nutrition and her recommendations in her well-known book, Nancy Clark's Sports Nutrition Guidebook.**

**It is important to remember that these are general recommendations.** For more information, consult a Registered Dietitian. **Students are eligible for free consultations with Doreen Kordorsky RD, University Nutritionist, at Student Health Services, 392-6300.**