

Healthy Eating on the Run

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Every molecule of your body has been sourced from food...

Each muscle, organ, skin cell, bone, hair and eyelash depends on quality building materials. Would you put diesel in your Ferrari? Or feed junk food to your race horse? You can have a healthier body, fight more disease and have more energy by giving your body the nutrients it needs every day. Making small changes you can create new habits that add up to big reductions in heart disease, cancer and diabetes.

#1 Honor thy body clock.

The sunrise and sunset determine your metabolic clock. We are designed to burn fat at night to prevent weight gain, yet most of us eat too much at night and end up storing fat instead. Get *most* of your calories before 4 pm and let dinner be a lighter meal with a bit less concentrated carbs like pasta, rice, potatoes, and alcohol to maximize this calorie burn while you sleep.



#2 Break the fast. Breakfast gives the biggest boost to the metabolism, and big breakfast eaters lose more and keep it off longer than small breakfast eaters. This tells us that the metabolism is 'trained' to perform. Try these breakfast options to be sure you eat enough of the right foods to boost your metabolism and have a leaner body.

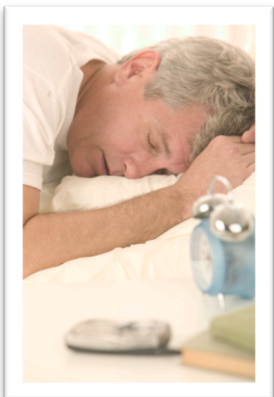
4 Low Glycemic 350 calorie breakfasts with at least 6 g fiber, 10 g protein and 0-2 g added sugars

1 c. cooked oatmeal
2 T. chopped walnuts
1 T. chopped dates
½ c. almond milk

1 c. low fat yogurt
1 c. blueberries
1 T. ground flax
2 T. granola
Cinnamon

2 corn tortillas
2 eggs, scrambled
1 T. salsa
1/4 avocado
½ banana

Smoothie:
1 cup almond/soy/cow milk
1 scoop protein powder
1 cup frozen fruit
1 banana



#3 A healthy afternoon snack. Choose 'nutrient dense' low glycemic carbohydrates and protein. This fuels the body and brain for the 5-6 hours between lunch and dinner. Be sure to eat 200-300 calories and don't give in to cravings for sweet snacks or chips. A healthy afternoon snack guarantees calorie savings at dinner. With less excess fuel around at night, the body can more easily burn fat at night while you sleep.

Healthy Snacking

- Combine low glycemic carb with protein to promote balanced blood sugar.
- An afternoon snack decreases hunger at dinner, regulates blood sugar, saves calories and prevents weight gain caused by overeating at dinner.
- Choose “nutrient dense” snacks...those that provide lots of nutrients!
- Cravings are largely based on neurochemistry.
Balanced blood sugar = balanced neurochemistry = less cravings.

Low Glycemic Carbohydrates

Kashi TLC crackers
Edward & Sons Brown Rice Snaps
Mary’s Gone Crackers
Harvest Wheats crackers
Bearitos Microwave popcorn
Small apples or baby carrots
Tangerines or clementines
Grapes
Small bananas
Crudités, tray from the grocery, Costco or Whole Foods
Diana Banana Baby...frozen banana in dark chocolate

Protein Sources

String cheese
Hummus, in individual packets
Peanut or almond butter (Justin’s individual packets)
Individual tuna packets
Hard-boiled eggs
Raw almonds, walnuts, or Spanish peanuts

All in One...both carb and protein

Protein bars

Kind
Lara Bars
Perfect Food Bar
Clif Mojo
MacroBar
Tru Bar

The other half of your sandwich from lunch
Greek yogurt (Stoneyfield, Oikos, Fage)
Orgain Protein Smoothie (individual cryopak)
Individual boxes of milk or soymilk
Edamame
Trail Mix with nuts and dried fruit

Home Made Trail Mix

MIX: 1 bag each from Cost Co:

Almonds
Pecans
Walnuts

ADD: 2-3 cups raisins or cranberries

1 cup unsweetened coconut
¼ tsp. sea salt