

The evidence is clear—a balance between regular physical activity and good nutrition is essential for everyone’s health. People of all ages and body types can be physically active and learn to adapt good nutrition habits. Choose to eat a balanced plate of whole foods every day and choose activities you enjoy and do it often!

EATING FOR ACTIVITY

Eat every 3-4 hours throughout the day and choose foods in their natural, whole state as much as possible. Focus on food variety and get a balance of carbohydrates, protein and healthy fats in each of your meals and snacks. If you work out one hour or less at a time per day, then regularly scheduled, well-balanced meals, snacks, and fluids will be nutritionally adequate.

Protein: Builds and repairs muscles. Distribute protein rich foods throughout the day. Focus on lean proteins and plant-based proteins. Examples include chicken, fish, milk, nuts/nut butters, eggs, beans, tempeh, tofu, lentils, and quinoa.

Carbohydrates: Fuel burned during exercise. Focus on complex carbohydrates, such as whole grains and legumes, starchy vegetables, and fruits throughout the day.

Fats: Fuel burned during exercise along with carbohydrates. Choose healthy fats at meals and snacks most often, such as fatty fish, nuts, seeds, olive oil, avocados, and nut and seed oils.

Fluids: Adequate hydration is essential for heart function, body temperature regulation, and prevention of injury, and will enhance performance and promote recovery from activity. Great choices include water, 100% fruit juice, sports drinks, coconut water, milk & milk alternatives. Water is the preferred choice for activities less than one hour in length.



PHYSICAL ACTIVITY RECOMMENDATIONS

Get **150** to **300** minutes a week of moderate-intensity,
OR
75 minutes to **150** minutes a week of vigorous-intensity aerobic physical activity spread throughout the week. If chronic conditions limits your activity, you should be as physically active as your abilities and conditions allow.

St. Charles AAA

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smothered Chicken Whipped Potatoes Glazed Carrots Wheat Bread Little Debbie or Cookies	3 Ham & White Beans Rice Mixed Greens Pickled Beets Cornbread Orange Juice Margarine	4 Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Spiced Fruit Chocolate Milk Ketchup Mustard	5 Breakfast Sausage or Sliced Ham Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine	6 Mother's Day Pork Roast Pork Gravy Southern Green Beans Duchess Potatoes Wheat Bread Lemon Cookie
9 Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies	10 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Chocolate Milk Ketchup Mustard	11 Red Beans & Sausage Rice Orange Juice Spinach Cornbread Little Debbie or Cookies Margarine	12 Beef Fiesta Mac and Cheese Green Peas Glazed Carrots Wheat Bread Fresh Fruit	13 Ham & Cheese Lettuce & Tomato Mandarin Oranges Wheat Bread (2) Fruited Gelatin Mustard Mayonnaise
16 Swedish Meatballs Chantilly Potatoes California Vegetables Wheat Bread Little Debbie or Cookies	17 Turkey Breast Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Little Debbie or Cookies Margarine	18 Birthday Special Chicken & Sausage Gumbo with Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake	19 Ham & Lima Beans Rice Mixed Greens Pickled Beets Cornbread Cranberry Juice	20 Turkey Salad Tossed Salad Pasta Salad (1 cup) Wheat Bread (2) Fresh Fruit Assorted Dressing
23 Creole Meatballs Green Peas with Red Peppers Chuckwagon Corn Hot Dog Bun Little Debbie or Cookies	24 Sausage & Pinto Beans Rice Spinach Cucumber Salad Cornbread Orange Juice	25 Sloppy Joe Mixed Vegetables Cabbage Hamburger Bun Sugar Cookie	26 Beef Meat Sauce with Penne Pasta Tossed Salad Green Beans/Peppers Wheat Bread Apple Cobbler Assorted Dressing	27 Baked Bone-in Chicken and Gravy Broccoli Sour Cream/Chive Potatoes Wheat Bread Fresh Fruit
30 CLOSED	31 Chicken Breast Teriyaki Sauce Rice Broccoli Apple Juice Wheat Bread Little Debbie or Cookies	Menus are subject to change due to supply chain issues	Each Meal is Served with 1/2 Pint of 2% Milk	 <p>TRIO Community Meals an elior company</p>