

# Eat the Right Way for your Lifestyle!

March is National Nutrition Month<sup>®</sup>, and we want to share a few tips on putting good food fuel in your body to keep you healthy no matter what you do!



**Are you a career person?** When you are a busy career person, you oftentimes have full and hectic work days and may travel quite a bit, possibly leading to eating 'on the fly'.

- Keep single size servings of crackers, fruit, peanut butter and canned soup or tuna in your desk for quick and healthy snacks.
- If you are always on the go, put things like granola bars, peanut butter and crackers, fresh fruit, trail mix or nuts in your backpack, purse or briefcase.



**Are you an athlete?** Your eating can affect your performance whether you are a competitive athlete or a recreational athlete, make good choices to fuel your body.

- Always eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter, a banana or cereal with low-fat milk.
- Drink water before, during and after your workouts. It is important to always replace fluids.



**Are you a student?** Being a student can be difficult when it comes to nutrition. Oftentimes you lead a very fast-paced schedule and have a lower budget for food. Smart, affordable snacks are always a good option.

- Try apples & peanut butter, carrots & hummus, hardboiled eggs & fruit, bananas & yogurt or almonds with low-fat cheese. These are great fuel options for your brain & muscles.
- Don't be afraid of the cafeteria, there are healthy options there too. Try to choose the salad bar and limit the cheese, bacon and creamy salad dressing.

## EATING AS A FAMILY?

Eating as a family can be with kids or with your elderly parents. Try to be a role model and promote healthy eating. Here are two quick tips to doing just that!

- **Keep it simple.** Collect recipes and choose ingredients you can use for more than one meal. A good example would be using grilled chicken for chicken salad one day and fajitas the next.
- **Work together!** Ask your kids to make a salad or set the table. Doing activities together promotes healthy eating.

*Modified from the Academy of Nutrition and Dietetics Tips by Jim White, Registered Dietitian.*

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