National Nutrition Month

Did you know... 1 in 3 adults in the United States are obese and 16% of 6-19 year olds are obese.

EATING TO BOOST ENERGY

In today’s busy world, it can be hard to eat healthy and get in enough exercise which can cause low energy levels. Here are some tips on how to maximize your energy:

Eat Often
Try eating every three to four hours to help avoid binge eating or eating too much in one sitting. When you eat more often, you are fueling a healthy metabolism and helping maintain muscle mass.

Balance Your Plate
Eating from all the food groups helps you have energy all day. A balanced meal includes whole grains, lean protein, fiberous fruits and vegetables, dairy and a small amount of healthy fats.

Remove Energy Zappers
Drinks like soda, sugary coffee and energy drinks may give you a quick energy boost, but they are often followed by an energy crash. Try replacing these drinks with water, milk, seltzer or unsweetened tea.

HOW TO HANDLE FOOD CRAVINGS

When you are eating to boost your energy, you can still enjoy high-fat, high-calorie foods. If you completely remove these foods from your diet, it can lead to overindulging, over eating and even guilt. If you have a food craving, remember to eat mindfully and enjoy the experience. Here are some tips on how to handle food cravings:

Schedule Your Snacks - Choose snacks that are nutrient-dense and that can be kept in your desk, backpack or car.

Plan For When A Craving Hits - Take a walk, work on a hobby or call a friend when an intense craving hits. Try to understand what you need in that moment and if you are actually hungry or just bored or even lonely.

Keep A Journal - Note the time of day your craving hit, how long it lasted, what food[s] you craved and what you did to handle the situation.
CHOCOLATE ZUCCHINI CUPCAKES
https://www.eatright.org/food/planning-and-prep/recipes/chocolate-zucchini-cupcakes-recipe

Ingredients - 12 Servings
1 cup grated zucchini
1 cup applesauce, unsweetened
1 teaspoon vanilla extract
1/2 cup agave nectar, divided
1/4 cup brown sugar
1 cup whole-wheat flour
1/2 cup all-purpose, unbleached flour
1/4 cup flaxseed, ground
1/2 teaspoon baking powder, low sodium
1 teaspoon baking soda
1-1/2 teaspoons ground cinnamon, divided
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/2 cup unsweetened cocoa

Directions:
1. Preheat oven to 350°F and line muffin cups with paper liners.
2. Put grated zucchini in paper towels or a clean cloth and squeeze out as much water as possible. Set aside.
3. In large mixing bowl, combine applesauce, vanilla extract, 1/4 cup agave and stir thoroughly.
4. Add flour, baking soda, baking powder, flaxseed, 1 teaspoon cinnamon and other spices, and mix well. Add cocoa and mix.
5. Add zucchini and stir thoroughly.
6. Fill paper liners with chocolate zucchini batter to ¾ full. Bake for approximately 20 minutes or until a toothpick comes out clean from the center of cupcake.
7. Mix 1/4 cup agave with 1/2 teaspoon cinnamon in small bowl. Drizzle agave mixture over cupcakes as icing and enjoy.

COACH’S CORNER

“Healthy Eating: The premium fuel you need to power your high performance lifestyle.”

Ivan Bruno-Gaston
Wellness Coach