

# Nutrition for Active Families

## Nutrient-Rich Foods Keep Your Body Fueled

(NAPSA)—When being active, it's important to remember to refuel your body properly to keep your system in top shape.

Engaging in active nutrition by incorporating lean protein and healthy fats is one way to successfully focus your diet and keep yourself energized, says registered dietitian Alyse Levine, Nutrition Adviser of Livestrong.com.



**Levine**

"When people tend to be more active in their daily lives, they need to be conscientious of incorporating healthy carbohydrates, fats and protein into their diets.

These are main power sources and should be incorporated into all meals and snacks," said Levine.

To prepare your body for prolonged activity, focus on specific foods that fuel your body, such as nuts (like pistachios), fresh fruit, and fish such as salmon.

"Pistachios are easy to include in any diet and may help you maintain weight thanks to the filling fiber content that helps curb your appetite," Levine said.

Levine and TheGreenNut.org offer the following five tips for maintaining a healthy diet and keeping your body energized:

- **Consistent eating:** Don't let more than four hours go by between meals and snacks. Waiting until you're ravenous will make you more likely to overeat. Try to eat minimeals every two to three hours instead.

- **Know your carbs:** The type of carbohydrates you consume is very important. Replace refined starches and sugars with whole grains and beans.

- **Snack survival kit:** Always have a survival kit of snacks on hand to avoid going a long time without eating. For a good snack,



**In a nutshell, tree nuts such as pistachios make for healthful snacks.**

try pistachios, which help prevent blood sugar spikes.

- **Be prepared:** Shop at least once a week for essentials so you don't resort to eating unhealthy meals out when the cupboard's bare.

- **Proportion your snacks:** Portion out and choose snacks wisely so you don't overdo it and end up eating a meal instead of a snack. You can enjoy 49 pistachios per serving, more than any other snack nut.

### The Proof Is In The Research

The International Tree Nut Council Nutrition Research & Education Foundation recently came out with groundbreaking research, stating that tree nut consumption (such as pistachios) is associated with a higher overall diet quality score, improved nutrient intake including antioxidants such as vitamins A, C and E, lower weight measures and lower prevalence of health risks. The research was presented at the American Dietetic Association Food and Nutrition Conference and Exposition.

TheGreenNut.org is part of a nutrition awareness campaign sponsored by the Western Pistachio Association. For more healthy tips, visit [www.thegreennut.org](http://www.thegreennut.org), find them on Facebook at [facebook.com/thegreennut](https://www.facebook.com/thegreennut) or follow The Green Nut on Twitter at [twitter.com/thegreennut](https://twitter.com/thegreennut). Learn more about Alyse Levine at [www.nutritionbite.com](http://www.nutritionbite.com).