

## Skip the Giant Cookies and reach for a yogurt

Are you feeling tired this afternoon? Are you reaching for a coffee and muffin at 3pm, hoping that will give you enough energy to make it through the rest of the day? Think again.

That tired feeling that hits many of us mid-afternoon, is a result of our blood sugar dropping slightly below normal. This drop in blood sugar is a normal reaction to having an unbalanced meal, or skipping a meal. When a low blood sugar hits us, we usually crave sweets to get our energy back. Sweets satisfy that temporary need for fuel, but they don't last long and soon thereafter, we find ourselves "crashing" again.

To have lasting energy throughout your day, schedule regular meals and include fruits, vegetables, carbohydrates and protein at each meal. Each food has an important role to fuel your energy throughout the day.

- ❑ **Include some protein at breakfast.** Sprinkle some almonds on your cereal, spread peanut butter on your bagel, melt cheese on a tortilla or have an egg with your toast. This will keep you satisfied much longer and will give you enough energy to last about four hours, until your next meal or snack.
- ❑ **Have lunch within 4-5 hours of breakfast.** If you tend to delay your lunch until you have finished one last task, no longer. Schedule your lunch and stick to it, just like any other appointment. If you are buying lunch, pass up the fast food takeout, and go for the sandwich or wrap and fruit with yogurt.
- ❑ **Plan a healthy snack in the afternoon.** Trail mix, fruit and cheese, veggie sticks and peanut butter, crackers and tuna, granola bar and yogurt are all great snacks to take with you.
- ❑ **Avoid coffee cakes, giant cookies, muffins, scones and squares;** they are all packed with over 600 Calories and 35 grams of fat, about the same as a Double BigMac. It's quite simple, fatty foods slow you down. I asked a group of 15 year old athletes, "What happens when you eat fast food?". One boy demonstrated for the others, as he slumped over his desk, "It just makes you feel lazy, like going to sleep."

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