



The Healthy Choice is the Easy Choice  
**CHOOSE MOST**



 <b>Choose Most</b>	 <b>Choose Sometimes</b>	<b>Choose Least</b>	<b>Not Recommended</b>
These items, including whole grain breads and fresh vegetables, tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed.	These items, including such things as fruit canned in light syrup, represent choices that are moderately salted, sweetened or processed.	These items, including such things as fries, tend to be low in key nutrients such as iron and calcium and highly salted, sweetened or processed.	These items, including candies and drinks where sugar is the first ingredient, or the second ingredient after water, tend to be highly processed, or have very high amounts of sweeteners, salt, fat, trans fat or calories relative to their nutritional value.

Did you know - an average (591 mL) bottle of pop contains 17-19 teaspoons of sugar?

## Sports Recovery

Do you deserve some fat after that hard workout? Not to help your recovery. You may think you have earned a basket of french fries, but fat slows the digestive system and should be avoided as a post recovery strategy. Sports medicine professionals advise to stay away from foods high in fats since it takes the most energy and the longest time to digest.

Not eating and drinking after competition and training can have negative consequences on future athletic performance. For instance, many coaches don't realize that it can take up to 36 hours to reload the muscles of athletes who delay refueling their bodies. Such a delay means that the athletes will not have the energy to meet the demands of their sport. This is especially true for sports that have repeated competitions such as tournament play.

"Our study indicates that chocolate milk is a strong alternative to other commercial sports drinks in helping athletes recover from strenuous, energy-depleting exercise," coauthor Joel M. Stager, PhD, from Indiana University in Bloomington, said in a news release. "Chocolate milk contains an optimal carbohydrate to protein ratio, which is critical for helping refuel tired muscles after strenuous exercise and can enable athletes to exercise at a high intensity during subsequent workouts."

This venue is Making The Healthy Choice the Easy Choice for YOU!!

