



The Food Lover's Guide to the Body's 401K Plan

Eating for Maximum Return vs. Maximum
Growth

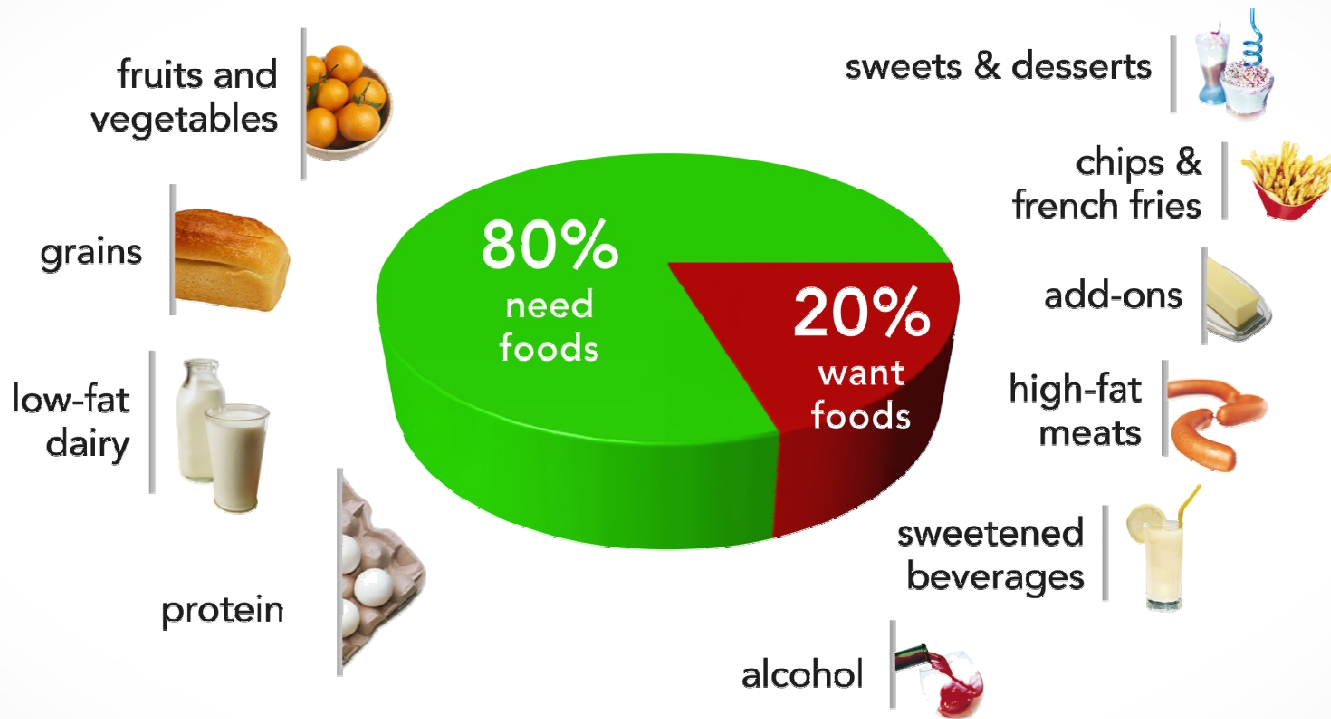
Raquel Malo, MS, RD, LD/N
SVP, Executive Training and Director of Nutrition
Human Performance Institute®

A Conference



To Experience

80/20 Rule

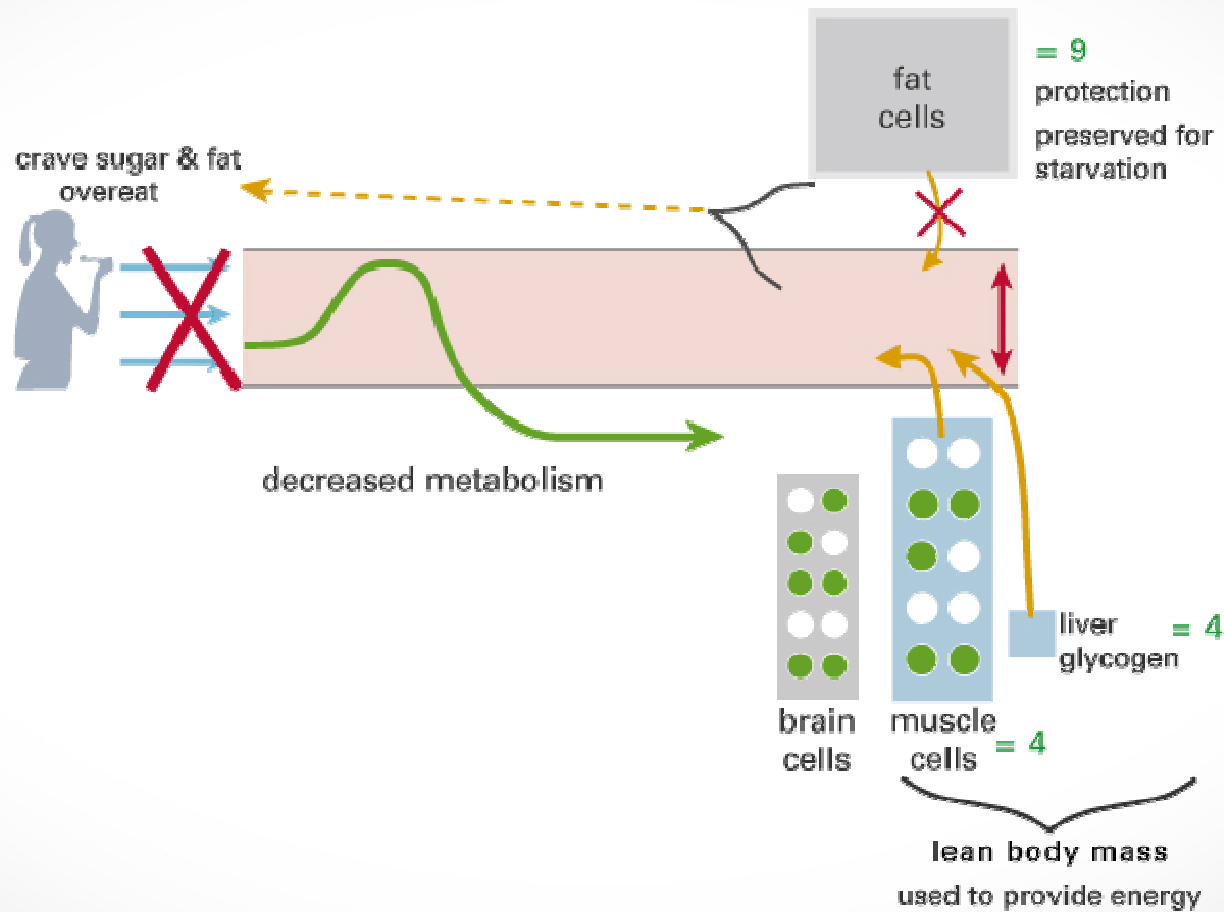


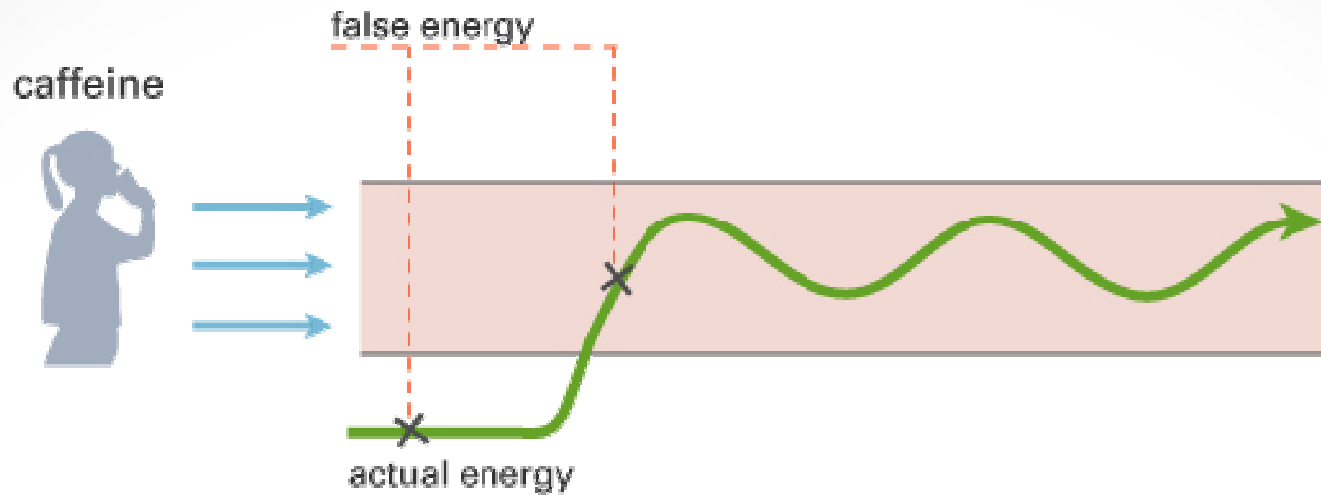
Eat Light and Eat Often

- Stabilizes blood glucose levels
- Improves metabolism
- Improves energy levels, brain function, mood
- Controls cravings
- Decreases likelihood of overeating
- Maintains muscle mass
- Prevents excessive fat storage



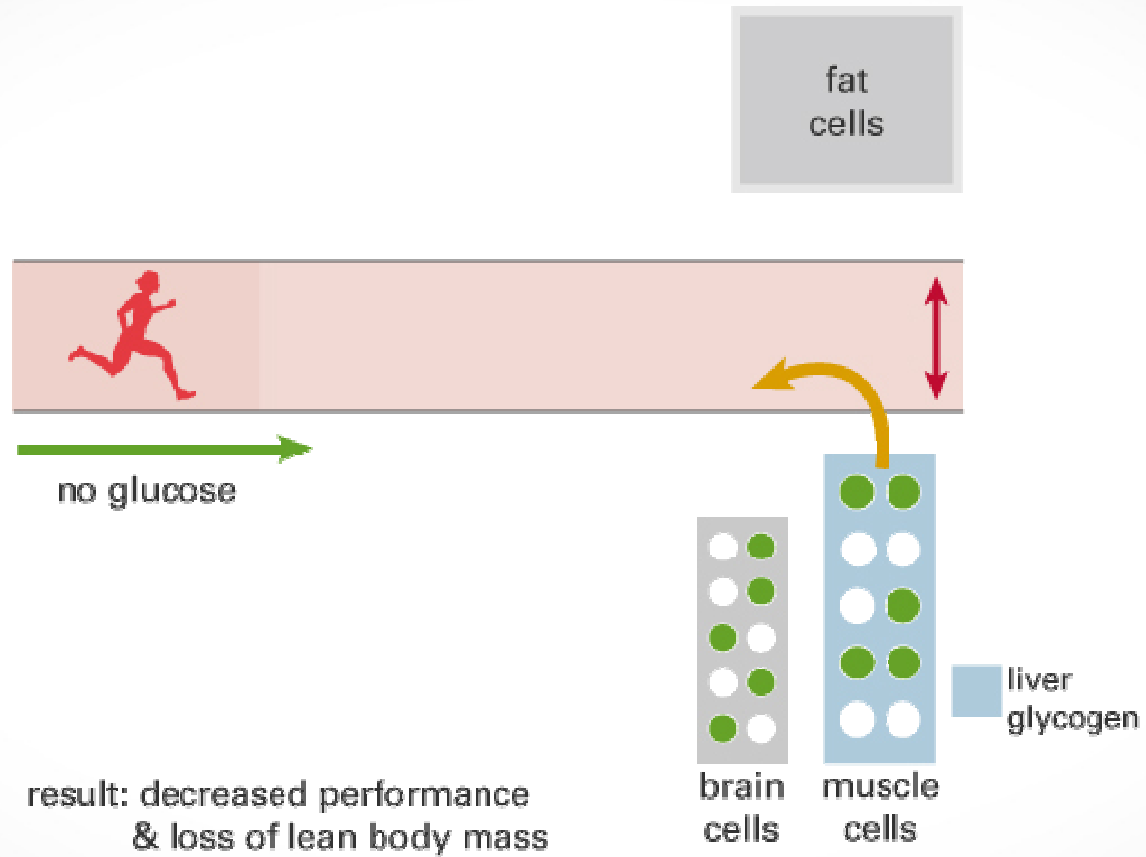
Decreased Supply vs. Demand



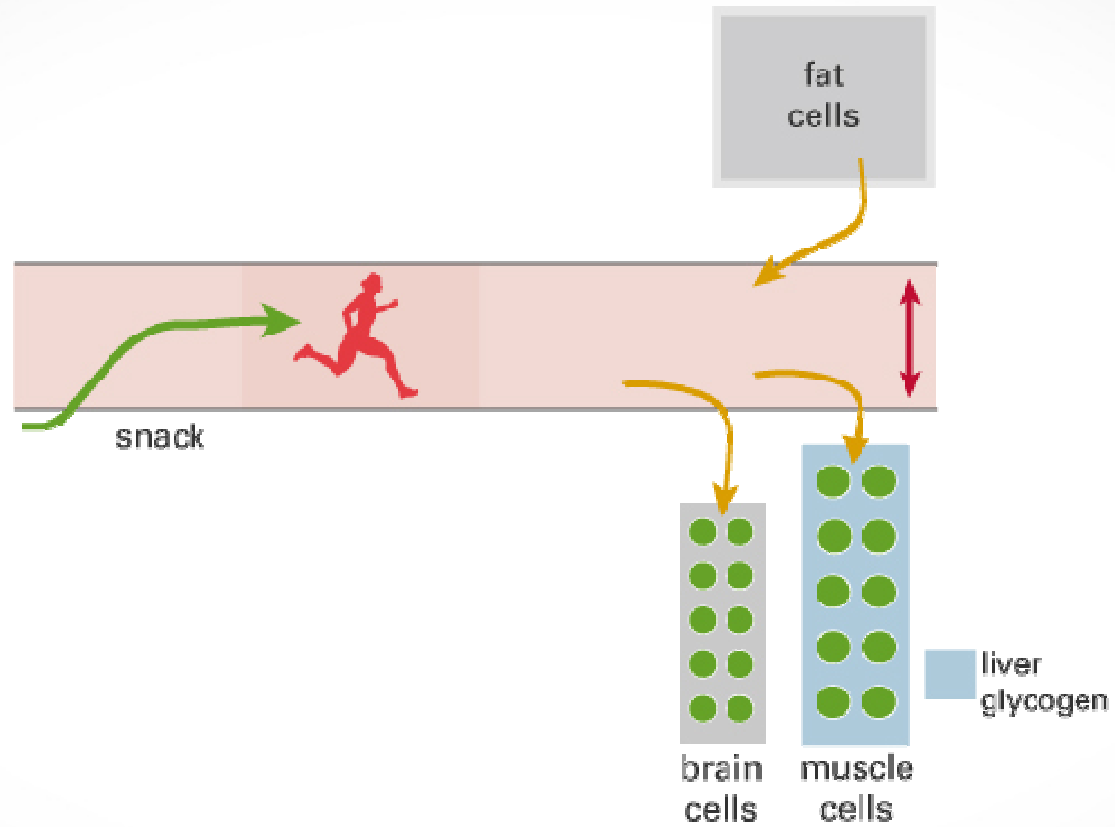


solution: eat often throughout the day;
don't replace food with caffeinated beverages

Eating and Exercising



Eating and Exercising



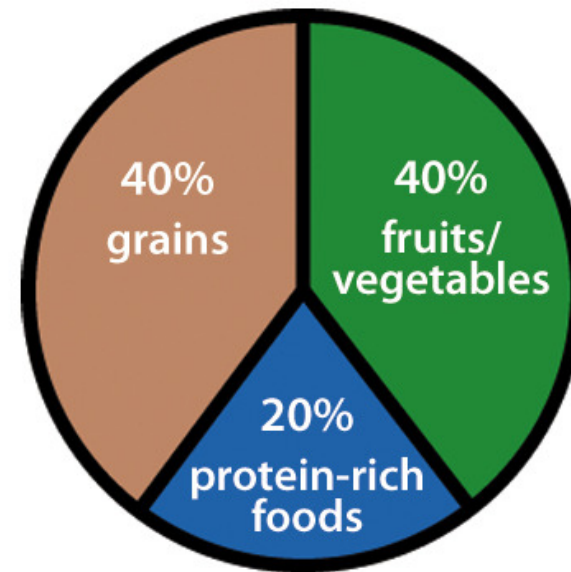
result: improved performance & maintenance of lean body mass

Meals: Breakfast, Lunch, Dinner



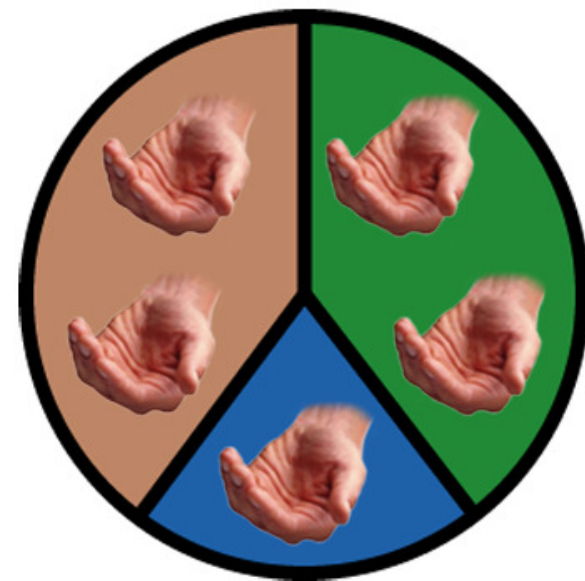
What to Eat

- Sustainable energy:
low glycemic
- Balance of nutrients:
physiological needs



How Much to Eat

- Protein: palm of hand/1 handful
- Grains: 2 handfuls
- Fruits/Vegetables: 2 handfuls



Strategic Snacks

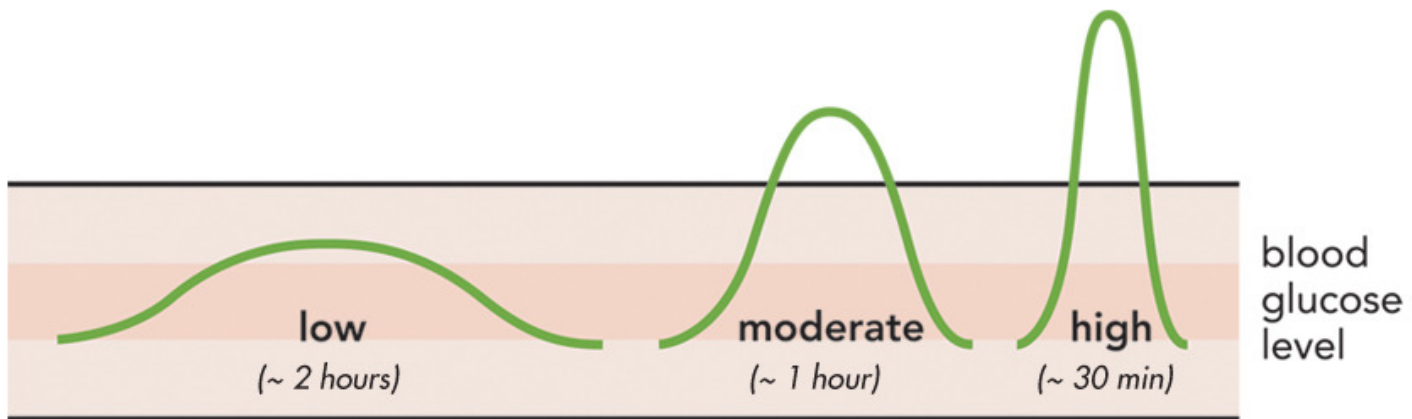
A Conference



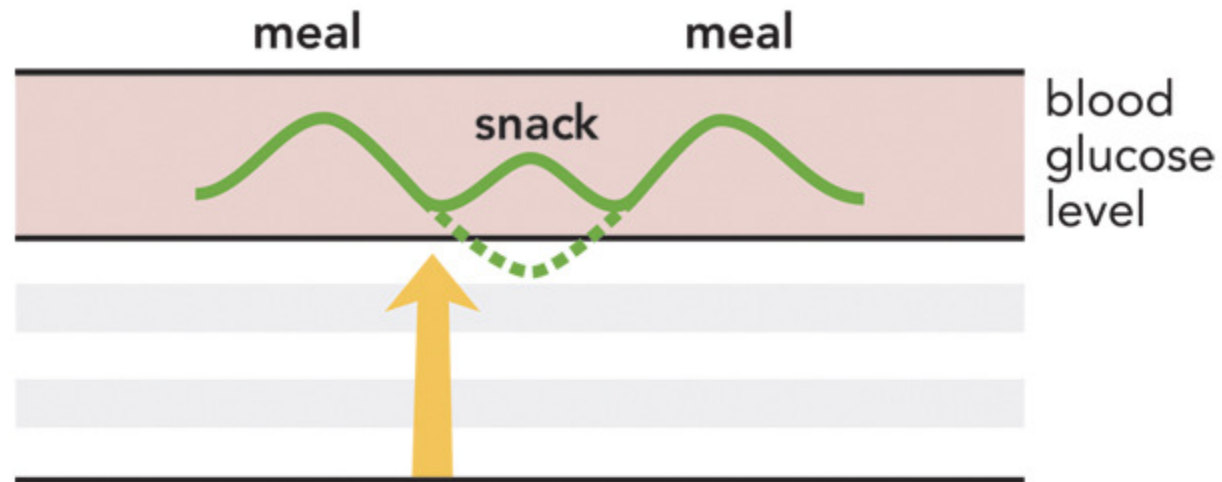
To Experience

What to Eat

Glycemic Index: Glucose/Insulin Response



How Much to Eat



Snacks should be a maximum of 100-150 calories.

Hunger Scale

6	feeling absolutely full; "food coma"; falling asleep
5	clothes feel tight; feel sluggish; not alert; unproductive
4	feel full; not stuffed, bloated, or sleepy; food lasts 3-4 hours
3	feel satisfied; not hungry anymore; food lasts 2-3 hours
2	feeling of hunger; stomach growls
1	feel light-headed, unfocused, irritable; highly unproductive
0	not hungry anymore; feeling able to go hours without eating



For more information, please visit:
www.corporateathlete.com



Thank You

If you'd like to speak with a HealthMedia® representative today to find out how we can help you achieve measurable outcomes that demonstrate improved productivity, reduced health care costs, and drive your business forward, please contact us by calling 734-623-0000, ext. 300 or email sales@healthmedia.com.

A Conference



To Experience