

Use the Right Fuel for An Active Lifestyle!

Get the most enjoyment from your active lifestyle by using the right fuel! For your body to perform well in physical activity it needs to be well nourished and hydrated everyday.

Start by eating the recommended daily amount of each of the Four Food Groups for your age and gender from the [My Pyramid guidelines](#). This will ensure that you have an eating pattern rich in carbohydrate to fuel your muscles and a source of protein for growth and repair of tissue including muscle. Carbohydrate is the starches and sugars found in Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

It is important to replace fluid lost from your body, daily. Water (H₂O) is important for all body processes and to regulate body temperature. Dehydration is a common cause of muscle fatigue. We get fluid from beverages (80%) and food (20%). The recommended daily fluid intakes for adults are 9 cups for women and 13 cups for men.

Action Tip:

- Make high carbohydrate foods a foundation of each meal. Include a variety of fruit, vegetables like potatoes, sweet potato and corn, cold and hot cereals, whole grain bread and bagels, rice, pasta, barley, chocolate milk, yogurt, and beans and lentils.
- Give yourself an energy boost by having a high carbohydrate snack 30 minutes to 1 hour prior to your activity or workout. Keep a supply of these foods on hand for easy access: cold cereal, hot cereal (packets of instant oatmeal), pretzels, low-fat crackers, animal crackers, dried fruit, whole grain bagels, low-fat yogurt, fresh fruit, and leftover pasta.
- Keep drinking fluids before, during and after your activity. You will know if you are hydrated if you urinate every 2 to 4 hours.