



fresh &  
**HEALTHY**

# ENERGY



Energizing News

## Boost Your Energy Level!

The top three reasons for making healthier food choices are to feel better, live longer and have more energy, according to ARAMARK's nationwide surveys.

Our hectic lifestyles demand that we keep our energy levels high, but many of our day-to-day habits actually sap our energy. That's why about 40% of working adults report feeling tired on any given day.\* Most of us don't get enough sleep, we don't exercise, we skip meals and we fill up on the wrong foods. Overdoing carbohydrates or caffeine to get a short-term energy kick is not the answer to boosting your energy levels.

### How can I keep my energy level high throughout the day?

**Replenish with the RIGHT foods:** Start off with breakfast and eat balanced meals and healthy snacks throughout the day. What you eat definitely impacts the way you feel. Eating the right foods like lean protein and whole grains helps keep blood sugar levels more stable so you can avoid those energy ups and downs!

**Revive with exercise:** It's no secret that exercise increases your fitness level and builds muscle. But did you know that exercise also boosts your energy levels? Even activity as simple as deep breathing exercises can help revitalize you with extra oxygen.

**Rejuvenate with rest:** To feel rested and energized, we need down time to physically and mentally recharge. You can juggle work or school, family or social activities and still get more rest. Try to get a little more sleep every night and take a few extra stretch breaks during the day – you'll be surprised how much more energized you feel!

*\*Source: Journal of Occupational & Environmental Medicine.*

## Recharge with great tasting food

### Start your day with a good breakfast:

Don't rely on your morning cup of coffee alone to get the day started. Eat a balanced breakfast with lean protein, fruit, whole grains and low-fat dairy. Try whole grain toast with peanut butter or low-fat yogurt with chunks of your favorite fruit.

### Eat light to stay energized:

Large meals can cause you to feel sluggish. Smaller meals with healthy snacks a few times a day can help to keep your energy levels balanced.

### Eat before you get really hungry:

- A mid-morning snack of dried fruit and nuts or fresh fruit and cheese can help keep you going.
- For lunch try a hearty chef salad to start your afternoon off right. Include a glass of low-fat milk or yogurt for a healthy way to refuel.
- By mid-afternoon, peanuts or almonds and an apple can keep your energy level up before dinner.

### Drink plenty of water:

Stay hydrated to keep energized. Strive for at least 8 glasses of water or other low-calorie beverages throughout the day.

### Keep sweets and caffeine in check:

Sweets and caffeine are fine, but not all the time. Too much sugar or caffeine gives you a big energy boost, but you'll quickly experience an even bigger energy crash. So enjoy some sweets or a caffeinated drink, but in moderation so you can keep your energy levels more stable throughout the day.

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## HEALTHY Lifestyles

### More Rest Means More Energy

Feel more energetic by getting more sleep and taking better breaks. Here are a few simple ideas:

#### Take Better Breaks:

 *Energize while you work or study:* Stretch and take a minute or two every hour for some deep breathing while at your desk to relax and energize.

*Get a breath of fresh air:* Go outdoors after lunch or midafternoon to release tension and energize. 

*Know when to walk away:* A brief walk away from your regular routine can relax and energize you by reducing stress levels.

*Know when to run:* Many work places and college campuses have full-service gyms. If it's cold out, go for a run on a treadmill for some energizing aerobics to get you moving.

#### The Basics of Better Sleep:

 *Get enough sleep every night:* Most adults get less than 7 hours of sleep a night. Experts advise around 8. Everyone's sleep needs are different, but it's important to listen to your body and get the amount of sleep that you need every night. (Experts say that if you're waking up easily – before the alarm clock – and feeling refreshed, that's the right amount of sleep)

*Stick to regular bed times and wake times, including weekends.* Try to go to bed a little earlier and don't sleep late on the weekends. Sleeping late a few days a week can disrupt your regular sleep patterns. Regular sleep hours lead to better sleep and more energy.

*Get a good "pre-bedtime" routine:* Don't eat a heavy meal too close to bedtime and don't exercise right before bed. Both can make it more difficult to sleep.

*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.*

### Salmon Salad with Jicama Slaw

Serves 4

#### Grilled Salmon

1 lb. skinless salmon filet, cut into 4-oz. portions  
2 tsp. vegetable oil  
1 tsp. Montreal Steak Seasoning  
Preheat char-grill to medium. Toss salmon with oil and seasoning. Grill salmon 4-6 minutes on each side or until internal temperature reaches 145° F. and fish flakes easily.

#### Pineapple Honey Ginger Dressing

½ c. vegetable oil                      ½ c. diced pineapple  
1 Tbsp. lime juice                      1 Tbsp. honey  
1 ½ tsp. Dijon mustard                ½ tsp. hot pepper sauce  
2 tsp. minced cilantro                ½ tsp. minced garlic  
2 Tbsp. peeled, minced fresh gingerroot  
1 Tbsp. + 1 tsp. red wine vinegar  
1 ½ tsp. minced seeded jalapeno pepper  
In blender, combine all ingredients. Blend until smooth.

#### Jicama Slaw

2 Tbsp. lime juice                      1 Tbsp. minced cilantro  
½ tsp. salt                                Dash cayenne pepper  
2 c. shredded, peeled jicama  
Mix lime juice, cilantro, salt and cayenne. Add jicama. Toss to coat.

#### Garnish

1 medium sweet potato, peeled and diced  
½ mango, pitted, peeled and diced  
In saucepan over high heat, bring 1 qt. of water to a boil. Add sweet potato pieces. Cook 1 minute or until just tender-crisp. Immediately drain and plunge into ice water to stop the cooking process. Drain.

#### Salad

2 c. shredded green cabbage  
1 ½ c. coarsely chopped romaine  
1 c. shredded red cabbage  
1 small onion, halved lengthwise and sliced  
Toss together green and red cabbage, onion and romaine. Place on serving platter. Prepare Grilled Salmon, Pineapple Honey Ginger Dressing, Jicama Slaw. Place Jicama Slaw in center on top of cabbage mixture. Arrange salmon around the slaw. Garnish with chilled sweet potato pieces and diced mango. Cover. Refrigerate until ready to serve. Drizzle with Pineapple Honey Ginger Dressing just before serving.

#### NUTRITIONAL INFORMATION *per serving*

Calories: 336                      Protein: 12.2g                      Total Fat: 21.8g  
Sodium: 206mg                      Cholesterol: 31mg                      Saturated Fat: 3.3g  
Carbohydrates: 22.9g

