



# Eat to Recharge

## Need a Boost?

One way to feel energized is through the food we eat. A tried-and-true, balanced diet approach is one effective way to go.<sup>1</sup> Pairing the carbs you eat (think bread, fruit, pasta, etc.) with protein (lean meat, dairy, nuts, legumes, etc.) and a bit of fat will help keep you energized and focused.

We don't want to just "get through" our day; we want to thrive. What you eat, when you eat, and how much you eat can affect how much energy you have to move through your day with focus and joyful effort.

A balanced diet also has a DIRECT impact on our cognitive productivity.<sup>2</sup> In other words, *when we eat well, our brain can do wonders!*



## How? Strategies for balanced, energizing eating...

### WATER, WATER, WATER

Yup, the abundant, FREE thirst quencher also helps sustain energy and brain power.<sup>1</sup> Swap water in for soda, sweetened coffee and energy drinks, all of which will give you a short buzz, but can lead to an energy crash.<sup>3</sup>

### EAT OFTEN!

Yay! No need to deprive. Eating frequent (every 3-4 hours) meals/snacks throughout the day feeds your body and your brain. It doesn't take much – an apple and a few nuts is a great mini-meal to try.

Don't miss out on other Food Day events leading up to October 24th. For more info visit <http://www.dartmouth.edu/dining/>

### THE P. C. F. RULE

For longer-lasting energy, try to eat meals that have a **P**rotein, **C**arbohydrate, and a small amount of **F**at.

The **P** and **F** help sustain the energy boost from the **C**.<sup>4</sup> Even better – load your plate with whole grains, lean protein, colorful fruits & veggies, and healthy fats for a Snapchat-worthy, awesome food snap.<sup>3</sup>

### Some PCF combos to try



TUNA SALAD ON WHOLE WHEAT BREAD



THE GOOD OL' PB&J



CARROTS & STRING CHEESE

## Coming Up!



MONDAY, OCT 24<sup>TH</sup>, 2016,  
7PM, ALUMNI HALL

Keynote speaker, **Michael Pollan**, best-selling author of *The Omnivore's Dilemma* and Netflix's *Cooked!*

Unite for healthy and affordable food that's produced with care for the environment—and the people who grow, harvest, and serve it.

1. Eating to Boost Energy. Harvard Health Publications. [http://www.health.harvard.edu/healthbeat/co\\_reg](http://www.health.harvard.edu/healthbeat/co_reg)  
2. <https://hbr.org/2014/10/what-you-eat-affects-your-productivity>  
3. <http://www.eatright.org/resource/food/nutrition/healthy-eating/eating-to-boost-energy>  
4. <http://www.webmd.com/diet/obesity/features/eat-to-boost-your-energy?print=true>



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