



Food For Fuel
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Nutrition fact: #2 Foods that boost your energy

Suggestions:

Apples
Apple Sauce
Oatmeal Cookies
Frozen Yogurt
Fruit Yogurt

Fig Newtons
6 glasses of water
Bran Muffin
No-Salt Pretzels
Popcorn

Remember if you have more energy will improve your study habits. A high energy breakfast equals a high-energy day.

Start the day off with a glass of water
6 glasses of water a day
Try not to skip breakfast
Get plenty of rest

High-Energy Breakfast

High Fiber Cereals/Low Sodium(under 300mg)/High Potassium
Shredded Wheat, grape Nuts, Granola, Quaker Honey Oats, Chex Series, Oatmeal

High-Energy Lunch

Baked-Potato
Grilled Chicken Sandwich w/whole wheat bread & mustard
Salad with Tuna or Chicken
Frozen Yogurt

Fun with Fitness & Friends

-Buddy-Walk

Walk the neighborhood with a friend and take turns providing the water, apples or grapes

-Energize your body by doing

20 jumping jacks, 10 pushups, 20 situps
go bicycling w/banana
go to play ground with a friend and play batminton, kick soccer ball, jump rope



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