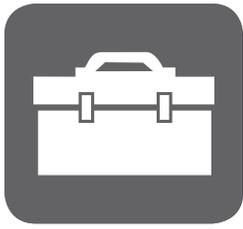


TOOLBOX TALKS



Quarter:
NUTRITION

Talk Number:
1
**Pre- and
Post-
Workout
Snacks**

Toolbox Talk #1

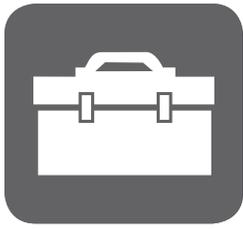
Pre- and Post-Workout Snacks

Being prepared with the right pre-workout snack will help keep you on track with your fitness regimen. The rules for eating before exercise can be confusing, but these nutrition pro eats will help you maximize your workout.

- **STEEL-CUT OATS with berries is a great pre-workout breakfast.** Steel-cut oats are loaded with carbohydrates which are slowly digested to keep you full during your workout and the berries provide extra carbs as antioxidants to fight against workout induced stressors on the body.
- **BANANAS are a high quality complex carbohydrate and the best source of energy prior to a workout.** The carbs will fuel your workout and the potassium can help prevent muscle cramps during exercise. And they're an easy grab and go option.
- **APPLE SLICES AND PEANUT BUTTER.** Prep your own or to-go packs come in handy too.
- **A handful of PISTACHIOS AND BLUEBERRIES for a power-packed protein and carb combo.** The blueberries are packed with anti-inflammatory properties, which may help recovery from exercise-induced muscle damage resulting in strength losses.
- **FRUIT SMOOTHIES made with fruit and veggies** can increase your energy, improve digestion, and boost your immune system.



TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

2

Meal Prep

Toolbox Talk #2

Meal Prep

Meal prepping is prepping your meals ahead of time so your food is ready to eat whenever you are. Pick a day, usually Saturday or Sunday to prep enough food to get you through the upcoming week.

1. **Having the right tools can be pretty helpful.** Gear up with a large sheet pan to roast veggies, proteins, or full sheet-pan meals. A big stockpot is handy for one-pot meals like soups, stews, curry, or chili. Glass storage containers with sturdy lids work best for storing prepped food. Small zip top bags are also great for portioning out snacks like nuts or sliced veggies.
2. **Plan your menu and aim for protein, veggies, and a starch for each meal.** Prepping for multiple days may seem daunting at first, so start by prepping just two meals and double the ingredients so you get four meals covered.
3. **Make a grocery list and go shopping.** Having a list ups the odds that you come home with everything you need and prevents a second trip to the grocery store.
4. **Portion out single servings into individual containers.** Remember to keep salad dressing in a separate container or if making a mason jar salad, pour the dressing into the jar first to prevent the lettuce from wilting.

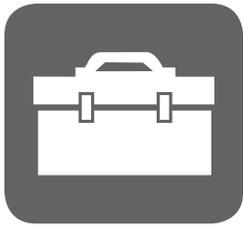
Make life easy, make healthier choices, and take the stress of figuring out what to make every day for lunch and dinner when you map out your menu and meals in advance.



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TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

3

**Tips for
Eating
Healthier on
the Weekend**

Toolbox Talk #3

Tips for Eating Healthier on the Weekend

You're off your weekday schedule and the weekend is here. Do your weekends tend to get tough when it comes to eating healthy? Try these dietitian approved tips to make healthy choices even when unhealthy food may be staring you in the face.

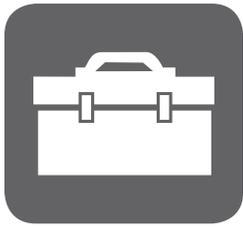
- **Schedule a workout every Saturday morning.** Knowing you're getting up early on Saturday morning can help eat healthier on Friday night, abstain from alcohol and want to call it an early night. Saturday's workout can also keep you motivated to make healthy food choices throughout the weekend.
- **Keep a healthy kitchen.** You can't eat what you don't have so avoid bringing tempting foods into the house. A Saturday morning grocery trip will help ensure you're stocked with only healthy balanced options. Having fresh produce at home is inspiring to cook and eat colorful meals.
- **Start the morning with 20 grams of protein.** Protein pancakes made with 2 eggs and 1 medium banana tastes great and is satisfying. Add blueberries and nut butter on top for a variety of flavors and colors.
- **Meal prep plenty of veggies on Sunday.** Chop onions, peppers and carrots that serve as a base for stir-fry, omelets or soups throughout the week.
- **Get at least 30 minutes of purposeful movement each day.** Fitting in regular exercise and meaningful movement encourages other behaviors to fall into place including healthy eating. Come Monday morning you won't feel like you're starting over or getting back on the wagon.
- **Keep splurges reasonable.** Opt to share a dessert or choose a healthier dinner option to allow a splurge on a higher calorie appetizer.
- **Don't skip meals and stay on track with meal timing.** It's important to stay on track and eat breakfast, lunch, and dinner. If going out to dinner, don't skip meals, have a snack so that you're not famished when you're at the dinner table.
- **Eat together as a family.** Enjoy a healthy dinner at home with family on weekends.



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TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

4

**Seasons of
Eating**

Toolbox Talk #4 Seasons of Eating

Your heart-healthy recipes will taste even better with seasonal produce.

Spring

Artichokes, Asparagus, Chives, Fava Beans, Green Onions, Leeks, Lettuce, Parsnips, Peas, Radishes, Rhubarb, Swiss Chard

Summer

Berries, Corn, Cucumbers, Eggplant, Figs, Grapes, Green Beans, Melons, Peppers, Stone Fruit (apricots, cherries, nectarines, peaches, plums), Summer Squash, Tomatoes, Zucchini

Year-Round

Cabbage, Carrots, Garlic, Onions, Mushrooms

Fall

Apples, Brussels Sprouts, Dates, Hard Squash (acorn, butternut, spaghetti), Pears, Pumpkin, Sweet Potatoes

Winter

Bok Choy, Broccoli, Cauliflower, Celery, Citrus Fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), Collard Greens, Endive, Leafy Greens (collard, kale, mustard, spinach), Root Vegetables (beets, turnips)

Keep these tips in mind when using and shopping for seasonal produce:

- Freeze fresh produce to add to smoothies, soups and breads.
- Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.
- Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.
- Shop your farmers' market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.
- Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.

The American Heart Association recommends 4-5 servings per day each of fruits and vegetables.

For more tips on healthy eating, cooking and recipes: heart.org/simplecooking

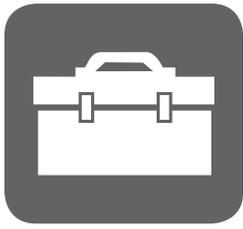


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TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

5

**Top 10 Tips
for Healthy
Grilling and
Barbecuing**

Toolbox Talk #5

Top 10 Tips for Healthy Grilling and Barbecuing

Grilling is a fun and flavorful way to cook no matter the season – even if it's cold outside! Who doesn't love to cook together with friends outdoors in the summer and tailgate at the games during the fall and winter?

The best part is that grilling can be one of the healthiest ways to cook! Just follow our top ten tips for healthy grilling and barbecuing.

1. **Pick the perfect protein.** Fish, skinless chicken breast and lean ground poultry are all healthier choices. The good fats in fish like salmon and trout actually have health benefits. And when you grill with skill, your guests won't even miss the red meat, which usually has more saturated fat. Wrap marinated fish fillets in foil, construct colorful chicken kebabs, or make more savory turkey burgers by mixing minced portabella mushrooms and onions into the patties. If you do choose meat or pork, get "loin" or "round" cuts and "choice" or "select" grades of beef instead of "prime."
2. **Right size your portions.** A healthy portion of any type of meat is about 3 ounces, or the size of a deck of cards, and definitely no more than 6 ounces. If that sounds small, just remember all the delicious grilled veggies and side dishes that will be keeping it company on your plate!
3. **Give it a soak or rub.** We're not talking about a spa day! Marinating or rubbing spices on poultry, fish and meat can add amazing flavor with the bonus of being able to use less salt. All you need is about ½ cup of marinade or 1 tablespoon of spice rub for each pound of food. Make a simple rub of your favorite spice (such as allspice, chili powder, cinnamon, cumin, garlic powder, paprika or rosemary) and black pepper. Safety tip: never reuse marinade or rub after raw meat has touched it.
4. **Add color – lots of color.** Just about all your favorite colorful fruits and veggies can be grilled, alone or in kebabs, giving them delicious flavor that might win over even the most committed carnivore. The trick is to cut them into pieces that will cook quickly and evenly. Brush with a healthy oil to prevent sticking or use a grill basket to keep them out of the line of fire. Some favorites include asparagus, avocado, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.

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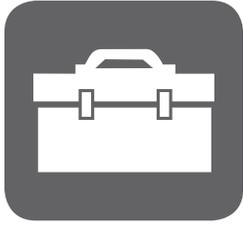


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PAGE 5

TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

5

**Top 10 tips
for healthy
grilling and
barbequing**

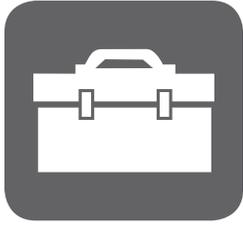
5. **Say bye to the bad fat.** Buy skinless poultry or remove the skin before cooking. Trim away any visible fat on meat. Brush or marinate foods with a healthy cooking oil. And let 'er drip – make sure fat drips away from the food while it cooks.
6. **Let the simple grilled goodness shine through.** Don't drown your grilled masterpiece in salty sauces, sugary condiments or heavy dressings. Use as little of these as possible, and try making your own healthier condiments. It's easier than you think! And sometimes, a simple squeeze of lemon or lime is all it needs.
7. **Choose healthier sides.** Swap the traditional store-bought barbecue fare like baked beans, cole slaw, macaroni salad and potato salad – which can have a lot of saturated fat, sodium and added sugars – for healthier homemade versions. Or change it up and do a colorful bean salad, fruit salad or leafy green salad.
8. **Make your buns whole grain.** Whole-grain buns and breads will complement your healthy feast with extra fiber, flavor and texture. If you're watching your calories and carbs, try an open-faced burger or lettuce wrap.
9. **Grill fruits for dessert.** The natural sugars caramelize in the high heat, giving them extra sweetness and flavor. Try sliced apple, pear or pineapple or halved bananas, figs, nectarines, peaches or plums.
10. **Keep it clean.** OK, so this isn't the fun part, but be sure to scrub down the rack or grill pan after each use. Removing leftover burnt pieces of food stuck to the grill prevents burning, smoking and bitter flavors the next time you use it.



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TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

6

**Conquer
Cravings
with These
Substitutions**

Toolbox Talk #6

Conquer Cravings with These Substitutions

We have all experienced food cravings – and often those cravings have to do with texture – like something creamy or crunchy.

Food textures play a big role in whether we like or dislike certain foods. For example, while you may not like mushy canned peas, you may be surprised that you like fresh or barely cooked peas.

Luckily, eating healthy includes foods of all sorts of textures and flavors. Here are some suggestions on satisfying your cravings with nutritious snacks of a variety of textures.

CREAMY

Instead of this: While ice cream may come to mind first, there are a variety of other smooth snacks that can be just as satisfying.

Try munching on this:

- Fresh avocado spread on whole grain bread OR ½ avocado eaten plain with a spoon
- Warm 1 tablespoon creamy peanut butter in the microwave for 10 seconds and drizzle over ½ cup low-fat, no added sugar frozen yogurt.
- Puree some berries and swirl into a cup of low-fat yogurt with no sugar added.

CRUNCHY

Instead of this: Pretzels and chips have a crunchy texture that you may crave, but they can come with a lot of extra sodium that you don't need.

Try munching on this:

- ¾ cup whole grain cereal, no added sugar
- Crunchy unsalted nuts
- Whole grain crisp breads
- Plain popcorn; to add some flavor, experiment with various spices like cinnamon or your favorite spice or herb

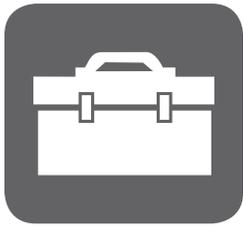
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TOOLBOX TALKS



Quarter:

NUTRITION

Talk Number:

6

Conquer Cravings with These Substitutions

LIQUID

Instead of this: Sweet tea or soda may sound refreshing, but it can take a while to work off all those empty calories. A medium-sized fancy mocha coffee drink with whipped cream can be 400 calories – and that’s before adding sugar or honey.

Try sipping on this:

- Plain iced tea made with a squeeze of lemon. You can sweeten with berries or a non-caloric sweetener
- Add fruit slices to a glass and fill with club soda
- Instead of the fancy mocha drink, choose a small latte made with nonfat milk and topped with cinnamon which is about a quarter of the calories.

SQUISHY

Instead of this: Jelly-like candies or even kids’ “fruit” snacks might sound like squishy fun in your mouth, but other options pack more nutrition.

Try munching on this:

- Fresh grapes are sweet and juicy; freeze them for a few minutes for a fun texture
- Make tapioca pudding with squishy tapioca pearls; follow the directions on the box, only use half the amount of sugar or a non-caloric sweetener and fat-free or low-fat (1%) milk
- Cherry tomatoes and room-temperature string cheese are squishy, stringy fun

CRISPY

Instead of this: Some folks may not like apples because they can be soft and mealy or grainy; the same can be true of over-cooked potatoes.

Try munching on this:

- Choose crisp apple varieties like: Braeburn, Honey Crisp, Fuji and Gala. Avoid Cortland, Red Delicious or Rome which can be softer
- Choose red potatoes or white potatoes and don’t overcook; avoid Russet potatoes which are high in starch making them perfect for mashed potatoes – but also making them seem ‘mealy or grainy’



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