

HEART SMART

Nutrition



A ONE minute Meal can cost you a 5 miles RUN...

HSM Restaurant Tip:

Most restaurants have nutrition information on hand or on their website. If you're going out to eat, look at the menu a head of time and find the healthier, less caloric choices. Even leaner dishes have hidden calories, always ask for your veggies and fish to be cooked without oil or butter. Skip the bread bowl, and pick meats that are grilled, never fried. Craving dessert, get one for the table and split it.



Do the Calorie Math:

Know how many calories you're burning during your workout. Get a heart rate monitor so you know exactly what you're burning. This way, if you burned 300 calories in an hour, you won't eat 2 slices of pizza (800cal) for lunch. The more you know about the food you eat the better nutrition choices you will make.



Snickers Bar



271 calories, about 1min to eat and over 30 mins of intense cardio to burn.

1/2 cup of Bryer's Vanilla Ice Cream

130 calories, about 2 mins to eat and 20mins of intense cardio to burn.



1 serving of Doritos (11 chips)

140 calories, about 1min to eat and 20min of intense cardio to burn

1 plain Dunkin Donuts bagel w/c.c



500 calories, about 3mins to eat and over 60mins of intense cardio to burn.

1 Big Mac Meal

1,010 calories, 5 mins to eat and over 2 hr of intense cardio to burn



3 Soft Taco Bell Tacos

540 calories, 5mins to eat and over 60mins of intense cardio to burn.