

Top 5 Nutrition Tips for Individuals with Busy Schedules

1. **Establish a routine.** Try to rise early enough to ensure you are able to consume a healthy breakfast at a reasonable time. This will help set the pace for the day. Getting breakfast in at a reasonable time will help you remain on track for the rest of the day and keep you from missing vital nutrients. For example: Breakfast by 10 a.m., lunch by 2 p.m., dinner with the family at the normal time

What is your schedule?

What would your routine be?

2. **Adhere to a meal plan** to ensure you are receiving adequate nutrition. Monitor your progress daily via apps, a written journal, or even a picture journal.

How would you monitor yourself?

3. If you miss a scheduled snack, **eat a protein-carbohydrate combination** to help get you back on track. Having the snacks and fluids on hand will also help you stick to your meal plan and help you avoid practicing bad habits such as eating larger portions or skipping meals.

What habit do you struggle with?

4. If you are active in sports or have a summer schedule or job that will keep you busy or active for long periods of time, **pack healthy snacks for both pre- and post-sports fueling.** For example, try energy bars and chocolate milk. Remember to practice proper hydration.

5. **Remember to hydrate well and drink until your urine is light yellow.**

Keep a cold-water bottle or sports beverage with you if you are in the heat. Most teens need 60-80oz of hydrating fluids per day. What counts as a hydrating beverage?

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| 1. water | 5. yogurt drinks |
| 2. juice | 6. veggie juice |
| 3. sport beverage | 7. smoothies |
| 4. milk | 8. decaf, tea, soda, coffee |

