



4/7/14

### Foods for Your Lifestyle

Eating right is essential to keeping your body running at its best. Whether you're a vegetarian, student, athlete, [busy parent](#) or a jet-setting executive, it's important to build an eating plan with your unique lifestyle and nutritional needs in mind.

Follow these tips to eat right for your lifestyle:

#### Career

Busy work days and business travel can lead to on-the-fly meals.

For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup or canned tuna in your desk.

Always on the go? Tuck portable, nonperishable foods in a purse, briefcase or backpack for a meal on the run. Try granola bars, peanut butter and crackers, fresh fruit, trail mix, or single-serve packages of whole-grain cereal or crackers.

#### Athletes

Whether you are a competitive athlete or just enjoy working out, what you eat will affect your [performance](#).

Your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter, a banana or cereal with low-fat milk. Before, during and after exercise, replace fluids with plenty of water or a sports drink, if you prefer.

#### Student

The student lifestyle can be fast-paced and low-budget. Students can eat right on a budget with some savvy food shopping tips. Stock smart snacks that combine protein and carbohydrates to fuel you, such as: apples with peanut butter, carrots and hummus, hardboiled eggs and fruit, banana and yogurt, almonds with low-fat cheese or whole-grain cereal

<http://www.eatright.org/Public/content.aspx?id=6442475086>

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