



### Healthy Eating: Hour by Hour

Do you want to make healthy nutritional choices, but keep finding yourself eating chips or chocolate right before bed? Attempting to put together a meal plan for a loved one? This guide for what to eat over the course of the day is a useful tool to help keep you on track with your goals by helping you understand what foods align with your intentions, will best maximize your results, and avoid the late-night snacking you only regret.

Time of Day	Goal	What to Eat	Suggestions
7:00 AM (Breakfast)	Feel full, kick off day	A balance of complex carbs, fats, and protein to satisfy your appetite and control it through the morning	<ul style="list-style-type: none"> <li>• Oatmeal topped with peanut butter and berries</li> <li>• Whole-wheat toast topped with cheddar and avocado</li> </ul>
9:00 AM	Focus on tasks	Antioxidants to promote brain cell production and improve memory and learning	<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Green tea</li> <li>• Gum</li> </ul>
11:00 AM	Take the edge off hunger, avoid unhealthy snacking	Protein that reduces cravings	<ul style="list-style-type: none"> <li>• Lowfat Greek yogurt</li> </ul>
1:00 (Lunch)	De-stress	Vitamin B6 to create mood-stabilizing neurotransmitters and aids nervous system function; magnesium to relax blood vessels and muscles; protein to satisfy hunger	<ul style="list-style-type: none"> <li>• Spinach, summer squash, and zucchini salad topped with quinoa</li> </ul>
3:30 PM	Beat an afternoon energy slump	Whole foods to provide real energy instead of merely a boost (Avoid caffeine and sugar!)	<ul style="list-style-type: none"> <li>• Nuts (1oz.): almonds, walnuts, or pecans</li> </ul>
5:00 PM	Fuel up for a workout	Easy-to-digest carbs to adequately fuel your muscles; electrolytes to stay hydrated	<ul style="list-style-type: none"> <li>• Small smoothie with milk, yogurt, and berries</li> <li>• Coconut water</li> </ul>
6:30 PM (Supper)	Spike metabolism and control appetite	Flavor-rich ingredients that enhance a high-fiber, reduced-fat main course	<ul style="list-style-type: none"> <li>• Chili peppers</li> <li>• Herbs and spices</li> <li>• Chicken, fish, brown rice, and vegetable dishes</li> </ul>
10:00 PM	Calm down, fall asleep	Carbs that produce the amino acid tryptophan to assist the body in producing serotonin, which tells the brain to go to sleep; Calcium to help relax blood vessels	<ul style="list-style-type: none"> <li>• Vanilla soymilk</li> </ul>

Content taken from "The Best Foods to Eat at Every Time of Day" via Yahoo!Shine.  
<https://shine.yahoo.com/healthy-living/best-foods-eat-every-time-day-185000996.html>

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