

Post-Workout Breakfast

the dietitian runner

Food Group	Role	Examples
Grain/Starch	<ul style="list-style-type: none">-Energy-Replenishes glycogen stores	<ul style="list-style-type: none">-Oatmeal-Whole wheat toast-Potatoes
Protein	<ul style="list-style-type: none">-Muscle repair & building	<ul style="list-style-type: none">-Eggs-Tofu-Greek yogurt
Healthy Fats	<ul style="list-style-type: none">-Vitamin absorption-Reduces inflammation	<ul style="list-style-type: none">-Avocado-Salmon (also a protein)-Walnuts
Color (Fruits/Veggies)	<ul style="list-style-type: none">-Fiber-Vitamins and minerals including antioxidants	<ul style="list-style-type: none">-Spinach-Bell peppers-Berries

Protein Breakfast Walking Workout Guide

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Protein Breakfast Walking Workout Guide:

The Athlete's Guide to Diabetes Sheri R. Colberg, 2019-02-08 Diabetes doesn't have to slow you down. Whether you're a recreational exerciser or a competitive athlete, *The Athlete's Guide to Diabetes* has the training and performance advice you need to remain active while effectively managing your condition. Renowned researcher and diabetes expert Dr. Sheri Colberg offers best practices and tips for managing blood glucose levels for athletes of all ages with type 1 and type 2 diabetes. She provides the most up-to-date information on insulin and other medications and their effects on exercise, nutritional practices, and supplements, including low-carbohydrate eating, the latest technologies used to manage glucose, including continuous glucose monitoring (CGM), injury prevention and treatment, as well as tactics for diabetes-related joint issues and mental strategies for maximizing performance and optimizing health. You'll find 15 profiles of athletes with type 1 diabetes who share their accomplishments and how they manage medications, food intake, and other tools available to manage their activities with diabetes. Guidelines for 165 different sports and activities will reduce your trial and error when it comes to performing and feeling your best during fitness activities: endurance sports, endurance power sports, power sports, and outdoor activities. *The Athlete's Guide to Diabetes* adheres to the latest guidelines from such trusted sources as the American Diabetes Association and the American College of Sports Medicine. It is the one resource you can't be without if you want to stay healthy and active, train smarter, and reach new levels of athletic success without losing control of your blood glucose management. Earn continuing education credits: units. A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

The Teller's Handbook:

Everything a Teller Needs to Know to Succeed Joan German-Grapes, 1997-07-22 *The Teller's Handbook* shows all front-line banking personnel how to handle customer questions, process every type of request, effectively cross-sell today's financial products, and more. A nationwide bestseller for nearly 30 years, and now completely revised, updated, and expanded to encompass all financial institutions, including commercial banks, savings institutions, and credit unions, this essential guidebook is packed with crystal-clear charts, graphs, even cartoons. But don't let influential author Joan German-Grapes' friendly, interesting, and humorous style fool you. *The Teller's Handbook* delivers solid, no-nonsense answers to every important operational question. On top of the comprehensive, insightful information and *Bankability Basics* for which this book is famous, German-Grapes has added new sections on tips and strategies for doing your job well, making sure your best work is noticed and landing that important first promotion, practical and profitable advice on successfully selling today's complex financial services and products to every customer, as well as how to deal with the competition, cross-selling, and ways to identify which customers are sure to be the best candidates for each product, and becoming a trained salesperson who knows how to ask for the business and use the best closes for different situations, and ways effective teamwork can help. Don't get left behind. With updated information about current regulations, rules on how to dress for success, and red flags for the newest

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