

## Fresh Foods for Fitness

Looking for a performance edge in elite athletic contests these days, some competitors are turning to the high consumption of raw fruits . In fact, some top-level athletes eat nothing but fresh fruits and vegetables. Nothing cooked and nothing processed. Such an extreme diet would be impractical for the average person, but helping you perform at your best can be as simple as eating a few well chosen items.



Help yourself to health!



## FOOD BANK OF SIOUXLAND

1313 11th Street  
P.O. Box 985  
Sioux City, IA 51102

Phone: 712-255-9741  
Fax: 712-255-3116  
E-mail: [www.siouxlandfoodbank.org](http://www.siouxlandfoodbank.org)

## Fuel Up With Five Fruits



**NUTRITION FOR THE  
21ST CENTURY**

Tel: 712-255-9741

## Five Fruits for Fitness



Certain foods are linked to health and exercise.

### Cherries

Athletes have found that drinking 1½ cups of cherry juice twice a day for a week before an

endurance event can minimize post-exercise muscle pain. The anthocyanins in the fruit are natural anti-inflammatory compounds. So, if you know there is a strenuous event coming up, you can plan to avoid typical soreness and aches while enjoying a refreshing drink the week before.

### Raisins

Researchers found that eating two small boxes of raisins (2-3 oz.) 45 minutes before exercising provides the same performance boost as a sports bar or sports gel. The raisins help delay muscle fatigue, raise blood glucose levels and enhance performance.

### Blueberries

According to a recent study, eating about 1¼ cups of blueberries per day significantly reduces oxidative stress and increases the body's ability to fight inflammation after exercise.

### Bananas

Ripe bananas are just as effective as sugar-laced sports drinks for refueling during exercise. Eat a medium-size banana before a workout and half a banana every 15 minutes during.

### Oranges

Oranges are packed with vitamin C, which helps the body absorb iron, critical for transporting oxygen to muscles. Add an orange before and after training for the greatest benefit.



Natural energy in a convenient package

As with all diets, moderation is the best course for health. A fruit-**only** diet can lead to nutritional gaps, including iron, B2 and zinc. That being said, it's hard to eat too many of the 5 listed fruits.

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