

HEALTHFUL EATING

Beat The Afternoon Slump With Honey—A Natural 3 P.M. Energy Boost

(NAPS)—You start your day full of energy, charge through work assignments or household tasks all morning, and then break for lunch. You intend to continue that same pace of productivity after lunch, but for some reason, at around 3 p.m., your energy level starts to dip. Does this sound familiar?

For a quick energy boost, you want something fast, flavorful and appetizing. Enter honey, a natural energy booster that's a sweet addition to any afternoon snack.

Honey provides quick energy and is a source of carbohydrates. At approximately 6 grams of carbohydrates and 21 calories per teaspoon, it is ideal for a quick pick-me-up since carbohydrates are the primary fuel the body uses for energy.

"Honey is composed of a unique carbohydrate composition of natural sugars and trace amounts of antioxidants, enzymes, minerals, vitamins and amino acids, making it a smart, natural, energy-filled afternoon snack," says sports dietitian Mitzi Dulan, RD, CSSD, co-author of "The All-Pro Diet" with Tony Gonzalez. "In fact, for years, sports dietitians have recommended that athletes include pure honey in their pre-exercise meal or snack for that very reason."

Honey can be used in many easy-to-make afternoon snacks, whether you're at school, work, home or the gym. Combining honey with fruits, vegetables, lean meats, whole grains and other healthful foods can add to your total nutrition and give you a great natural energy boost. Whether you're looking for a surge of energy or just a sweet reward after a long workout, honey is a quick, easy and delicious all-natural energy source.

For more information about honey as a natural energy booster and for more honey recipes, visit www.honey.com. Registered dieti-



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cian, Mitzi Dulan, a spokesperson for the National Honey Board, offers a few of her favorite energy-boosting honey recipes:

Honey Cherry Energy Bars

Makes 6 bars

- ½ cup honey
- ½ cup dried cherries
- 3 tablespoons coconut flakes, sweetened
- 1 cup whole raw almonds
- 6 dates (pitted)

In a high-powered blender, blend honey, cherries, coconut, almonds and dates on high speed, stirring as needed. Spray an 8 x 8 baking dish with nonstick cooking spray. Put mixture into the baking dish and flatten with a piece of plastic wrap on top to prevent sticking. Refrigerate for 2 hours. Cut into 6 bars.

Honey Banana Smoothie

Serves 1

- 1 cup 1 percent milk
- ½ frozen banana
- 2 teaspoons honey
- 1 scoop protein powder (from container)

Blend and enjoy!

Registered Dietitian Mitzi Dulan's Natural 3 p.m. Energy Break Survival Tips

1. Staying hydrated throughout the day is an essential tool for maintaining a healthy and active lifestyle. Since honey naturally contains about 17 percent water, it dissolves easily. Just add some honey to water for a budget-friendly sports drink.

2. Mix a nut butter and honey, or honey and light cream cheese, as a dip for fresh fruits or vegetables for a wholesome energy snack.

3. To maintain consistent energy levels throughout the day, select meals with adequate amounts of protein such as canned salmon, eggs or nut butters. Take time to prepare an easy lunch like canned salmon with mixed greens or a deviled egg sandwich on whole grain bread.

4. To keep up your energy, choose high fiber foods like whole grains (wheat, rye breads, quinoa) and legumes (beans, lentils).

5. Breakfast is the most important meal of the day and what you choose to eat sets the tone for the day ahead. Plain or Greek-style plain yogurt with a teaspoon of honey and a handful of nuts is a nutritious way to kick-start the day.

6. For a 3 p.m. pick-me-up, try one of Mitzi's personal favorite snacks: a whole wheat sandwich thin with nut butter, sliced banana and honey. It is a delicious way to power through the rest of your day.

7. Always aim to eat all-natural whole foods that are easy to pronounce with simple ingredients such as honey, strawberries, avocados and spinach.



Mitzi Dulan, RD, CSSD