



## Eating for Energy

### MEL Video Library Wellness Video In-Review

One of the DVD's available through the MEL Video Library is entitled "Eating for Energy". Eating right can often be a challenge. March is National Nutrition Month and there is no better time to try and get a handle on what foods you should be eating and how much. The American Heart Association recommends the amount of daily calories required by gender, age, and activity level. Topics included in this video are:

- ⤴ Sedentary
- ⤴ Moderately active
- ⤴ Active
- ⤴ Complex Carbohydrates
- ⤴ Portion control
- ⤴ Spices
- ⤴ Keeping items fresh
- ⤴ Balancing calorie intake with physical activity
- ⤴ and much more!

Take a few minutes to watch this DVD and learn some helpful tips on how to make March the start point of eating healthier for a lifetime!