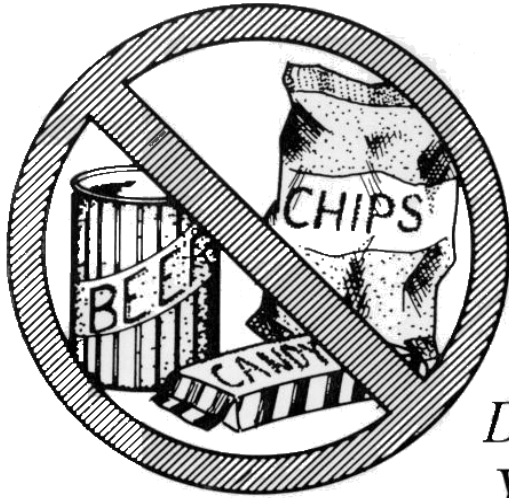
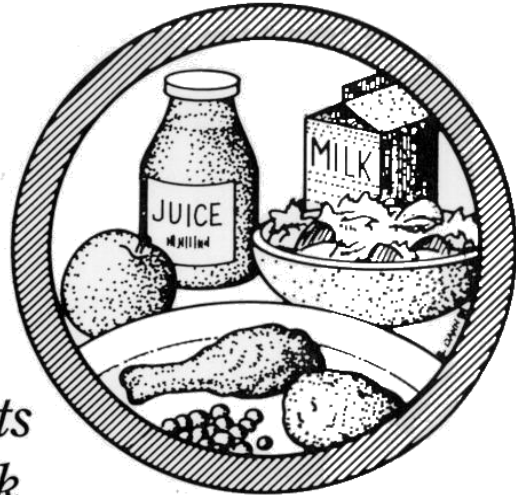


EATING RIGHT



*Your
Diet Affects
Your Work*



One of the most basic, and probably the easiest way to maintain physical and mental fitness is to eat properly. Correct nutrition helps you avoid fatigue, keeps you from gaining weight and promotes alertness. By stoking your body with the right fuels at the right time, you'll keep your energy level at its most efficient point.

A Balanced Diet

Your eating habits play a big part in how you feel. Eat a balanced diet, with a variety of foods from the four basic food groups -- protein, carbohydrates, fresh fruits and vegetables, plus dairy foods. Avoid overly processed and refined foods. Limit your intake of dietary fats, cholesterol, salt and sugar.

You also need to know where your calories are coming from. Some 50 to 60 percent of your daily intake

should come from complex carbohydrates, while 10 to 20 percent should come from protein. A maximum of 30 percent should come from fats. No more than a third of the fat (or 10 percent of the total) should be from saturated fats.

If you snack, avoid high fat and sugar foods such as candy bars, potato chips, salted nuts or soft drinks. Instead, eat dried fruits, fresh fruit, oatmeal cookies or vanilla waters.

When to Eat

Don't starve yourself on the road. That can make you irritable, light headed and accident prone. But don't overeat either.

Choose light but nourishing foods for your mid-day break.

Eating lightly more often not only is better for your digestion but keeps you alert for the remainder of your

driving day. Overeating will make you drowsy.

It's best to eat one major meal a day, but not in the middle of your driving hours.

Common Sense

More than anything else, eating properly is a matter of common sense. If you're trying to control your weight, cut back on fried foods. Substitute fish or chicken for red meat. Order a green salad instead of French fries.

Drink milk or fruit juice with your meal instead of beer. To be on the safe side, it's against the law to drink and drive. But there's another reason, too. Alcohol blocks your body's ability to absorb essential nutrients from your food. So, no matter how properly you eat, you won't get the maximum nutritional value if you consume alcohol with your meal.