



# Q&A

WITH CYNTHIA SASS



**Would you recommend eating breakfast before or after a morning workout?**

**And the Answer is:**

Both! I think splitting up your breakfast meal is best when you workout in the morning. Eat nutrient-rich easy to digest carbs pre-exercise, such as a banana or oatmeal. These foods will fuel your workout, and boost energy and endurance. Afterwards eat protein, and good fat, along with produce, such as organic eggs with avocado and veggies. These foods provide the raw materials to heal and repair the wear and tear your body incurred during exercise. This "split strategy" as I call it is a smart way to get the most out of the hard work you put in being active, because you get the precise nutrients you need, when you need them.



**What do you find to be a great morning routine to jump start your day?**

**And the Answer is:**

I think the best way to jump start each day is with five minutes of mindfulness meditation. This practice has been shown to help reduce stress, boost happiness, improve learning and memory, and regulate mood and appetite. People who meditate also tend to naturally be more physically active. It's a lot like hitting the reset button for both your body and your mind! If you don't already practice mindfulness meditation check out the free guided video on my website [www.CynthiaSass.com](http://www.CynthiaSass.com) (click on 'mindful' top right), and let me know what you think!



**I think the S.A.S.S. drink is outstanding and refreshing. What nutritional value does it have when compared to other commercially bottled waters?**

**And the Answer is:**

Thank you! By adding ginger, basil, and oranges, the water becomes infused with these three flavors, as well as some of the natural nutrients and antioxidants they contain. The additions add a minimal number of calories (20 per 20 ounces), but because it's made fresh, there is nothing else added. There are a number of flavored bottled waters on the market, and while some simply contain water and natural flavors, others may include artificial sweeteners, colors, and preservatives. We love knowing that with the S.A.S.S. drink, what you see is what you get!



**Does Sabrosa have a nutritional chart, listing the amount of protein, carbs, fats, fiber and sodium in their menu items?**

**And the Answer is:**

Yes, just go to 'menu' on the Sabrosa website, scroll to the bottom, and click on Nutrition Breakdown.

**Interested in more from Cynthia Sass?**

**Visit [www.sabrosamexicangrill.com](http://www.sabrosamexicangrill.com) to see more great health tips!**



**SEND SABROSA**  
**YOUR HEALTH QUESTIONS**  
**& CYNTHIA SASS WILL ANSWER THEM!**

**Send questions to [info@sabrosamexicangrill.com](mailto:info@sabrosamexicangrill.com)**