

ENERGY TO BURN

Want to know what and when to eat and drink to get the most out of your workout with energy to spare? Take a look at these hot tips. Whether you're shaping up or slimming down, they'll help you power up and feel great!

Snack and Run

Cutting your pre-workout snack to reduce calories? Don't even think about it! If you want to feel in top form during your workout, make the most of your activity and get a jump on recovery, have a light snack 1 to 2 hours before you start.

What you need to know:

- ◆ The best muscle fuels combine carbohydrates (carbs) and a little protein.
- ◆ For easy digestion, make your snack low in fat.
- ◆ Make sure you have some hydrating liquids.

Good snacks:

- ◆ Small homemade muffin
- ◆ Cottage cheese & fruit cup
- ◆ Drinkable yogurt
- ◆ Half a turkey sandwich
- ◆ Fresh fruit and yogurt
- ◆ Small container of dry cereal, a few nuts & dried fruit

Power Tip Stand Up for Your Bones

Physical activity plus calcium-rich foods make for strong bones. Strong bones support better performance and are less prone to stress fractures and osteoporosis in later years. Think snacks with calcium like veggies with yogurt dip, almonds, flavoured milks, smoothies, cheese and crackers, and cereal with milk.

Booster Bar

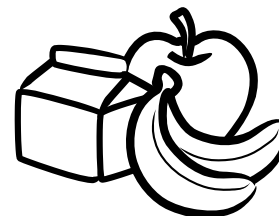
Energy bars can be smart sports snacks, but some brands can be like expensive chocolate bars stuffed with ingredients you can't pronounce. This easy no-bake energy bar tastes divine and is nutrition-plus! Rocket fuel!

Ingredients

1 cup (250 ml) each of rolled oats, raisins and crunchy peanut butter.
½ cup (125 ml) each of dark chocolate chips, honey, oat bran, toasted wheat germ and skim milk powder.

Preparation

Mix all dry ingredients together.
Mix in well: peanut butter and honey.
Press mixture into pan.
Chill and cut into bars.
Store in fridge or freezer.



Sip, Slurp, Gulp!

Your body needs to be well hydrated to function at its best. Being even a little dehydrated can zap energy and impair your workout. Keep your body up and running with these super sip tips:

- ◆ Drink a big glass of liquid, like water or milk, 2-3 hours before your activity.
- ◆ Avoid carbonated and very sweet fruity drinks before activity—they can upset your stomach.
- ◆ During light workouts, water is fine.
- ◆ The more you sweat, the more you need to drink to maintain performance—especially during hot weather.
- ◆ Make sure to drink enough after your workout.



A simple breakfast like this can fuel your morning workouts and put a smile on your face. Lightly toast a slice of whole grain bread. Top with thin slices of apple. Sprinkle with shredded Canadian Havarti or Cheddar and a pinch of cinnamon. Broil in toaster oven just until cheese melts, about 2 minutes. Serve immediately.

Replenish, Refuel, Repair

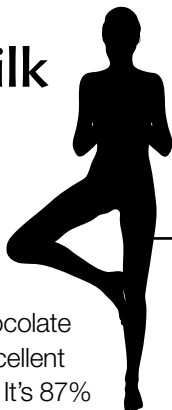
What you eat and drink following activity can make a big difference to future performance. You need liquid to replenish fluids and electrolytes lost in sweating, carbs to refuel exhausted muscles and protein to repair damaged tissue. If you don't get all these, you'll lose some of the benefits of your workout. Boost recovery with these steps:

- 1 Within 15 to 30 minutes** of activity eat and/or drink a small snack that delivers the fluids, electrolytes, carbs and protein your body craves. Some examples:
 - ◆ Chocolate milk
 - ◆ Cheese and whole grain crackers with 100% juice
 - ◆ Homemade energy bar (see our recipe) and water
 - ◆ Almond butter on pita and some milk
 - ◆ Yogurt with fruit

- 2 Within 2 to 3 hours** eat a nutritious post-workout meal to complete the recovery process. It doesn't have to be complicated. Just make it a balanced meal with food from the four food groups.

Chocolate Milk Recovery Blast-off

After your run, ride, or body-blast aerobic session, down a container of cold chocolate milk. Chocolate milk is an excellent post-workout recovery drink. It's 87% water, full of electrolytes and has the right mix of carbs and protein that your body needs to recover fast. The kicker: Studies show that drinking milk may encourage muscle gain and fat loss in active people.



Raspberry Lemon Super Charger

Easy to digest, tasty and thirst quenching, smoothies like this have carbs and protein to fuel your active body. Bonus: No more calories than the same amount of fruit juice.

Ingredients

- 1 cup (250 ml) milk
- 1 cup (250 ml) frozen raspberries
- ½ cup (125 ml) vanilla-flavoured yogurt
- 1 tsp (5 ml) grated lemon zest

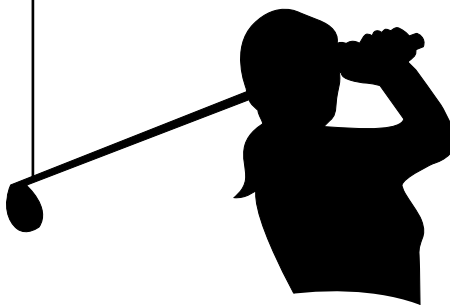
Preparation

In a blender, combine all ingredients. Purée until smooth and enjoy.

Nutrient Boost

You can super charge your smoothies by adding a tbsp (15 ml) of one or more of these:

- ◆ Skim milk powder
- ◆ Wheat germ
- ◆ Peanut butter
- ◆ Ground flax
- ◆ Ground almonds



Be-a-Sport Quiz

Falling for myths can play havoc with your efforts to be in peak condition. Do you know true from false?

- | | TRUE | FALSE |
|--|-----------------------|-----------------------|
| 1. A diet too low in fat will affect your mental and physical performance. | <input type="radio"/> | <input type="radio"/> |
| 2. Cutting carbs may impair your workout. | <input type="radio"/> | <input type="radio"/> |
| 3. You need supplements to be in peak performance shape. | <input type="radio"/> | <input type="radio"/> |
| 4. "Energy" drinks are often loaded with caffeine and sugar. | <input type="radio"/> | <input type="radio"/> |

Answers: 1—True: You need some fat to function—fat provides long-lasting energy and carries essential nutrients to your body. 2—True: Carbohydrate-rich foods (like whole grain breads, pasta, fruits, etc.) are the main source of fuel for active muscles. 3—False: Save your money. Food has all the nutrients you need and more. 4—True.

Drop by www.nutrition2009.ca

for more energizing information, power tips and great recipes. To work out an eating plan that fuels your specific needs, look for a registered dietitian near you.

