

EAT LIKE A CHAMPION

Eating well for your active lifestyle



"I'm glad you dragged me out for this jog. How do you always have so much energy in the afternoon?"

"I have a small meal or snack a couple of hours before I run. It prevents me from getting too hungry and keeps my energy levels up. I make sure I'm hydrated during the day too."

"Seems simple enough! What are some good snack ideas?"

"A small bowl of whole grain cereal with milk and berries is my favourite. Or try a small plate of leftover pasta topped with cheese. The keys are healthy carbs, a little protein and not too much fat."

"Great tips! Thanks! How do you know all this?"

"I read all about it on www.dietitians.ca/eatwell."

Whether you're revving up for your first 5 km run or wanting some straight talk about nutrition for physical activity, Registered Dietitians are your most trusted source for nutrition and healthy eating advice and can help you eat like a champion!



"I can't seem to build much muscle mass. Should I buy some protein supplements?"

*"I think your money can be better spent elsewhere! To build muscle you need a good, safe training program, enough food from *all* four food groups and enough sleep. When you train, you usually need more energy, so eat often – at least 3 meals and 3 snacks a day. Don't forget about recovery snacks! A combo of carbs and protein right after your workout can help muscle growth. Try a turkey sandwich and a glass of chocolate milk, or blend frozen fruit with some milk, yogurt or tofu for a smoothie. Pricey protein powders are just another form of protein, no better than protein-rich foods."*

"Wow, that's great! How do you know all this?"

"I went to a sports dietitian!"



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"This hike is great fun, but I'm exhausted! How can I keep up with you two?"

*"The key is to eat enough healthy food for energy and to stay hydrated. We keep *Eating Well with Canada's Food Guide* on the fridge as a reminder of how much we need from each of the four food groups every day. Check out www.myfoodguide.ca.*

We also make sure to sip water throughout the day and during our hikes.

*After a long hike like this, it is important to have a healthy meal. Tonight we're having Broiled Cilantro Ginger Salmon from Dietitians of Canada's cookbook *Simply Great Food*, a side salad and a glass of milk."*

"Sounds great! Any other tips?"

"Lots! Click on www.dietitians.ca/eatwell and register on-line to get regular nutrition updates."

To find a Registered Dietitian:

- Visit "Find a Nutrition Professional" at www.dietitians.ca/find
- Ask your doctor for a referral
- Call your local public health department or community health centre
- Call the Dietitians of Canada Consulting Dietitians Network toll free at **1-888-901-7776**

"We have a soccer tournament this weekend and it is supposed to be hot outside. Coach always has water and sports drinks on the field for us. Sports drinks taste great; but do they really help?"

"Water is a great first choice, but sports drinks can help at times. Sports drinks are mostly water with some sugar, minerals (electrolytes) and flavour. This can help hydrate us and keep our energy levels up when exercise is long, hard or we are sweating a lot. There will also be healthy snacks on hand between games to give us energy. Mini whole grain pitas with hummus or cheese, granola or cereal bars, juice boxes, bananas, raisins or trail mix all make great snacks on game day."

"It sure does help to have a dietitian on the team!"



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