

## Active Eating

Following Canada's Food Guide for Healthy Eating is the best way for active people to meet their nutritional needs. Here are some special tips for eating while maintaining an active lifestyle.

- Think about **what** to eat before, during and after activity.
  - You want to have enough energy to fuel your exercise. Following Canada's Food Guide on a daily basis is the best bet when you are involved in regular physical activity. Your pre-exercise meal should have 3 out of the 4 food groups and be lower in fat. A good example is whole-grain cereal with fruit and milk.
  - Before exercise, make sure you are well-hydrated. Water and diluted 100% fruit juice are great choices!
  - Sometimes it is necessary to take in food while exercising. While out on a long hike, bike ride or canoe trip, it is a good idea to bring a snack. Some quick portable snack ideas are in the table on the next page.
  - Drinking fluids regularly during exercise will help replace sweat losses. When exercising for less than 1 hour, water should be your fluid of choice, but if you are exercising at high intensity for longer than 1 hour, you may want to choose a sports drink.
  - It is important to eat and drink after exercise. Fluids lost in sweat should be replaced with water, juice or milk. A snack or a light meal, featuring 3 of the 4 food groups will help you refuel and recover. Try carrot sticks, hummus and pita bread as a post-exercise light meal.
- Think about **when** to eat before, during and after activity
  - Having a full stomach when you exercise can make you feel sick. Try to give yourself some time to digest before physical activity. Timing meals or snacks 1-4 hrs before physical activity works well for most people!
  - During extended exercise, like when on a hike, eating small amounts at regular intervals will keep you from feeling over-stuffed.
  - Eating within 15 minutes of finishing exercise will help your muscles recover.

### **Smart Snacking: Compare the calories you used with the calories you eat!**

Food and drink must be balanced with activity to maintain or reach a healthy body weight. It is important that your intake doesn't over-compensate for energy expended in your exercise. The table below shows examples of energy expended in exercise and energy in healthy snacks. Don't forget to account for beverages! Sports drinks contain between 30-250 calories per bottle.

<b>Physical activity required for a 150 lb individual to expend 200 calories</b>	<b>Snacks that contain 200 calories. These are great ideas for before, after or during exercise</b>
Biking at 10mph for 30 min	1/2 bagel with 2 tbsp cream cheese
Bowling for 50min	1 6 inch tortilla with 1 tbsp salad dressing and 1 oz of lean meat and lettuce
Canoeing at 4mph for 1hr and 10 min	1 toaster waffle with 2 tbsp of syrup
Golfing, carrying clubs for 40 min	1 C fat free yogurt or low fat cottage cheese and 1 C fruit
Hiking with a pack for 30 min	½ large pita with 4 tbsp hummus
Running at 6mph for 15 min	1 C vegetables with 2 tbsp regular salad dressing
Swimming at 25 yds/min for 35 minutes	8 saltines with 1 oz. of cheese
Walking at 3 mph for 50 minutes	¾ C dry cereal with 1 C skim milk

## **What about summertime meal ideas for active people?**

Summer is the time for salads. Try this heart-healthy recipe as part of your next post-exercise meal. This salad is very portable and with extra fruit and vegetables, it is a meal in itself. Try it stuffed in a half of a whole grain pita with lettuce and tomato.

### **Mediterranean Lentil and Rice Salad**

2 roasted red bell peppers, julienned  
 1 can lentils, drained and rinsed  
 3 cups cooked brown rice (1 cup rice cooked in 2 cup water)  
 1 cup chopped fresh flat-leaf parsley  
 ½ cup thinly sliced green onion  
 ¼ cup slivered dried apricots

Dressing:  
 ¼ cup olive oil  
 2 Tbsp freshly squeezed lemon juice  
 2 Tbsp balsamic vinegar  
 1 tsp liquid honey  
 1 tsp ground cumin  
 1 tsp ground coriander  
 Salt and pepper to taste

Combine first 6 ingredients. Prepare dressing: Whisk dressing ingredients together. Pour dressing over salad and toss to coat.

#### Nutrition Information (1/10 of recipe)

Calories: 182

Fat: 6.2g

Sodium: 138mg

Carbohydrate: 27g

Fibre: 5.0g

Protein: 5.7g

Calcium: 31mg

Iron: 2.4mg

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