

Food to fuel you!

Wondering what to eat to help you get the best workout?
Try some of the suggestions below.

1. Variety is the spice of life

Try to eat a wide variety of foods to get enough nutrients like vitamins and minerals that will help you feel your best.



Aim to have about **15 g of carb per hour** of exercise. Here are some examples:

- A fruit (a handful of berries, an apple or small banana)
- ½ - ¾ cup yogurt
- Small handful dried fruit (2 tablespoons)
- Small piece bannock
- ½ cup smoothie

2. Fuel up!

Carbohydrate-rich foods (carbs) like Add a little bit of body text fruit, vegetables, legumes (beans and lentils) and wholegrains give you the energy you need for a great workout.

If you're exercising for more than an hour, eating or drinking something with carbs before or during your workout can help give you better endurance, strength and speed.





5. Hydrate

Water is life! Stay hydrated by drinking throughout the day and during your workout.

Try some of these tips:

- Flavour your water with berries, mint or lemon
- Try cedar tea (great served hot or cold)
- Carry a water bottle

Most people need about 2-3 L (9-12 cups) of fluid per day. You may need more if you're sweating a lot. Feeling thirsty or dizzy and having a headache or muscle cramps can be a sign that you need more fluid.

4. Refuel

Start refueling with food and fluids as soon as possible after exercise.

Aim to eat something with carbohydrates to add fuel back to your muscles and something with protein to help repair and build your muscles.



Try to have a **snack or meal 15 to 30 minutes after exercising** for maximum benefit. Here are some examples:

- A fruit and small handful nuts
- Yogurt with berries
- Veggies or pita and hummus
- Pemmican
- Wholegrain toast with nut butter

If you are doing very intense activity like marathon running, you may need more specialized information on eating for performance. Feel free to contact Wabano's dietitian Jasna Robinson-Wright for more information.

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