

Stay Active... Eat Like a Champion

March is Dietitians of Canada's National Nutrition

Month® when nearly 6000 Registered Dietitians across the country urge Canadians to take a closer look at their eating habits and make a change for the better. This year, the theme **“Stay Active. Eat like a Champion”** and here are five key messages that will help you fuel your active lifestyle:

1. **Eating well with Canada's Food Guide can help active teens/adults eat like a champion**

- Following Canada's Good Guide is the easiest way to get all your energy and nutrient needs for your active lifestyle.
- Canada's Food Guide shows you how much food you need every day from each of the four food groups.
- Vegetables & Fruit, Grain Products and Milk & Alternatives provide healthy carbohydrates to fuel active muscles.
- Milk & Alternatives and Meat & Alternatives provide high quality protein to build and repair muscles.
- Foods from all the food groups provide vitamins and minerals which help convert food into energy your body can use, help ward off infection and build strong bones and muscles.

2. **Fuel your active lifestyle with food!**

- Healthy eating, regular physical activity and enough sleep are safe ways to achieve an active, healthy lifestyle.
- Products like stimulants, muscle building or weight loss supplements are not needed to get the most out of your activity or to gain muscle or lose weight.

3. **What and when you eat and drink can help you get the most from your workout**

- Have some fluid and a small meal a few hours before your workout. The best meal is mostly carbohydrate, with some protein and a little fat. A good example is a peanut butter sandwich on whole grain bread with a banana and a glass of water.
- Bring water with you and sip it during your workout to stay hydrated.
- After your workout, food and fluids help your body recover by replacing fluid losses, restoring your body's supply of carbohydrates, and building and repairing muscle. If mealtime is several hours away, a small snack and a healthy beverage can help. Ideal snacks include a glass of chocolate milk, a small bowl of whole grain cereal with milk, or a small pita with hummus.

4. **Healthy eating and physical activity go hand in hand**

- Canada's Physical Activity Guides can help you make wise choices about physical activity. For information on how often, how much, how hard and what type of activity is best for you, go to www.paguide.com
- To find a qualified fitness professional, visit the Canadian Society for Exercise Physiology at www.csep.ca

5. **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 best source for trusted advice on healthy eating**

- They provide you with practical information including an eating plan that best suits *your* active lifestyle.
- Dietitians of Canada's award winning website www.dietitians.ca/eatwell has a variety of healthy eating tips, practical food solutions, and help on how to find a Registered Dietitian in your area, plus many interactive tools.
- Dietitians of Canada's website is currently featuring two new consumer fact sheets to coincide with National Nutrition Month® – one focuses on busting myths around the topic of nutrition and healthy eating for active lifestyles; and the other presents a series of real life scenarios on the topic.

