

Eating for Energy!

Learn to energize with healthy food choices

Did you know?

According to Statistics Canada, approximately 1/3 of Canadian adults sleep less than is recommended for optimal physical and mental health. Short sleep duration and poor sleep quality is increasingly prevalent among Canadian adults. We can't always control how much sleep we get when we are leading busy lives. However, we CAN control how we fuel our bodies...and with the right foods we can feel energized and rejuvenated!

ENERGY BOOSTING FOODS



Bananas



Peaches



Spinach



Almonds



Avocado



Apples



Salmon



Broccoli



Eggs

NUTRITION TIPS

- It is important to fuel your body and listen to its hunger cues
- Avoid overeating and undereating as it leads to lethargy
- Never skip meals
- Always choose a hearty breakfast to start the day
- Include a source of nutrient dense carbohydrates, healthy fats, and protein



Try eggs with avocado on whole grain toast!

NUTRIENTS TO PREVENT FATIGUE:

Omega-3 fats, iron, vitamin D, B vitamins, zinc and magnesium are important to prevent fatigue. Aim to choose foods high in these nutrients (see examples above).

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RECIPE

Chocolate Peanut Butter Energy Balls!

(Recipe makes 16 balls)

INGREDIENTS

- 2 cups of old fashioned rolled oats
- ½ cup of ground flax seed
- 1 tablespoon of black chia seeds
- 1 teaspoon of cinnamon
- ¾ cup of dried pitted dates
- ½ cup of peanut butter
- 1 teaspoon of vanilla extract
- 1 scoop Vanilla Whey Protein Powder
- ¼ cup water
- ⅓ cup of dark chocolate chips



INSTRUCTIONS

Add rolled oats, ground flax seed, chia seeds, cinnamon, dried dates, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended and oats are finely chopped, almost like flour consistency. (about 7-9 times). Slowly add water to the food process and blend until the mixture sticks together (you may need to add more or less water depending on your energy ball dough). Add mixture to a large bowl, using your hands mix in chocolate chip. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Serve immediately or store in airtight container in refrigerator.

Nutrition Information (per 1 ball):

136 calories, 8g fat, 14g carbohydrates, 5g protein, 3g sugar

Recipe from: joyfulhealthyeats.com

Benefits of Oats!

Large flake oats are a whole grain carbohydrate. Oats can help lower your risk of heart disease as they combat bad cholesterol in our bodies. Oats are high in soluble fibres which can help improve your blood sugar levels. Their low glycemic index makes them a great source of carbohydrates to fuel your day!

Sources: www.statcan.gc.ca, www.eatrightontario.ca, www.dietitiansofcanada.ca, www.todaysdietitian.com