



Move to Healthy Choices Newsletter

September 2009



Small Changes Make a Difference

Hurray for the Oak River Memorial Rink! The canteen at the recreation centre has recently added some new healthier choices for their customers and community. Their healthy options menu for snacks has grown, it includes healthy items such as fruit cups (in juice), 100 calorie snack packs, carrots and dip, cheese strings, yogurt cups, fruit juice freezies, 100% fruit snacks and a variety of healthier granola bars. By getting these new more nutritious products from the local Co-op store they are also supporting their community.

In the drink cooler, there is always water and juice boxes available and during tournaments there's also chocolate milk. The canteen continues to offer big sellers such as hot chocolate, sports drinks and pop.

In addition to the new healthy snacks, the Oak River Memorial Rink has decreased their selection of chocolate bars, removed bulk \$0.05 candies and stocked pretzels as a healthier alternative to potato chips. "We use zero trans fat cooking oil" says Jacqueline Shamray from the Oak River Community Rink which goes to show that they are *Making the Move to Healthy Choices*. The healthy items are good sellers even though they have not removed all of the less nutritious choices such as French fries and hot dogs.

During tournaments volunteers make homemade soup and sandwiches and offer a variety of fresh fruit. They have discovered a high demand for whole wheat bread products and this change as well as others has prompted positive feedback from customers.

Thank you Oak River Memorial Rink for showing us that those small changes can carve the path to success.

Become a Healthy Choices Hero

Could your recreation facility or community use some help Making the MOVE to Healthy Choices? A team of our 'Move to Healthy Choices' Registered Dietitians and Recreation Directors are available the months of February and March 2009 to help you Make the MOVE to Healthy Choices in the Assiniboine RHA boundaries.



"To climb steep hills requires a slow pace at first."

Shakespeare



Sports Nutrition Tips

General Guidelines

- Follow *Eating Well with Canada's Food Guide* and try to include a variety of items from all 4 groups at meals. Get your copy at <http://www.hc-sc.gc.ca>.
- Drink up! Fluids are important for body function and temperature regulation
- Eat breakfast; it's important for energy throughout the day
- Eat snacks, athletes need to keep up their energy for optimal performance

Timing of Meals and Snacks

- Eat a small meal if you have 2 to 3 hours **before** exercise
- Eat a snack if you have 1 to 2 hours **before** exercise
- It's important to consume a meal or snack high in carbohydrate sometime in the 30 minutes **after** exercise (see below for ideas)

Meal Ideas

- Sandwich with lean meat, fruit, milk
- Broth based soup (example: turkey vegetable), bread, yogurt, water
- Egg salad pita, veggies and dip, milk
- Pasta, meat and tomato sauce, broccoli, cheese

Snack Ideas

- Yogurt, crackers, fruit
- $\frac{1}{2}$ bagel, cheese, grapes
- Small wrap or $\frac{1}{2}$ sandwich containing vegetables and lean meat

Fluids

- Drink plenty of plain water before, during, and after activity.
- Sports drinks (e.g. Powerade, Gatorade) are only useful for strenuous activity lasting longer than 60 minutes or activities where excessive sweating occurs.
- Energy drinks are not recommended for sports or exercise because the carbonation and high sugar content interfere with hydration.
****Energy drinks are not recommended for children****
- Chocolate milk is an excellent choice after exercise!



Sources:
Sports Nutrition handout developed by BC Dairy Foundation. 2008.
www.bcdairyfoundation.ca
Health Canada. It's Your Health: Safe Use of Energy Drinks. 2005.
http://www.hc-sc.gc.ca/iyh-vsv/prod/energy-energie_e.html

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