

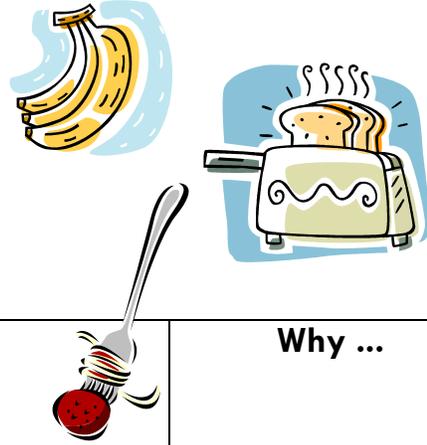


Move to Healthy Choices Newsletter

February 2011

The right choices before an activity can help improve performance. The benefits of eating well and being active include:

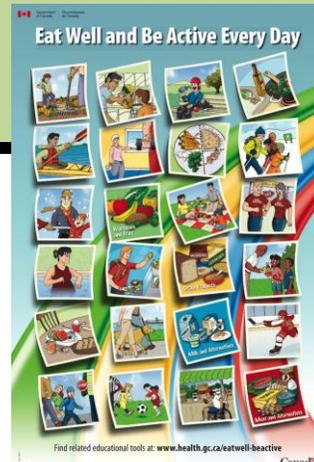
- Better overall health.
- Feeling and looking better.
- Lower risk of disease.
- More energy.
- A healthy body weight.
- Stronger muscles and bones.



Instead of ...	Why ...	Serve ...	Why ...
French Fries	Fat found in deep fried foods, sauces, and chocolate take longer for our bodies to digest and may cause discomfort during activity.	Whole Grain Toast	Meals and snacks high in carbohydrates and low in fat provide energy for activity. For most, a small meal that won't upset the stomach is best right before being active.
Popcorn Chicken		Pasta and Tomato Sauce	
Nachos and Cheese Sauce		Soup and Crackers	
Chocolate Bar		Banana	

Eat Well and Be Active Everyday Poster

Get your **FREE** poster at: www.health.gc.ca/eatwell-beactive



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Right after activity our bodies need nutritious food choices to keep muscles strong and energy levels high. Fluid, protein and carbohydrates are important. To rehydrate, water is the best choice for activities lasting 1 hour or less.

Instead of ...	Why ...	Serve ...	Why ...
Hot Dog	After activity our bodies need to rehydrate and repair. Less nutritious foods like candy and soft drinks do not meet nutritional needs.	Grilled Chicken Kabob in a Whole Grain Bun	Food rich in protein such lean meat, fish and yogurt help rebuild muscle after activity.
Slush		Fruit Smoothie - Chocolate Milk - Grapes - Yogurt Parfait	
Candy		Popcorn	Foods rich in carbohydrates such as vegetables, fruits, and whole grain breads help replace depleted stores after activity.
Onion Rings		Baked Potato	
			Fluids such as water, soup or fruit help rehydrate after activity.

Use Canada's Food Guide!



Limit foods and beverages high in calories, fat sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, donuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Questions? Contact us or your local recreation director.

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