

# COOKING TO FUEL ACTIVITY

## GO FURTHER WITH FOOD

- o Eat a healthy breakfast!
- o Meal prep!
- o Reduce food loss and food waste!
- o Be mindful of portion sizes!
- o Consider the foods you have on hand before buying more at the store!
- o Got leftovers? Browse easy and affordable recipes to reuse foods at [notsosloppyseconds.com](https://notsosloppyseconds.com)

## LET'S DO THIS

*Physical activity is the movement of the body produced by the skeletal muscles that requires energy expenditure. - WHO, 2018*

**Food provides the body with energy and plays an important role in achieving optimum outcomes** regardless of the types of physical activity we choose to engage in (i.e. walking, cycling, or participating in sports).

Many of us have the belief that we should be supplementing our diets with packaged granola or protein bars and energy drinks for exercise nutrition. However, supplemental packaged energy bars and drinks contain too much calories, protein, carbohydrates, added sugars, and artificial ingredients that are not necessary!

**Cooking and preparing the right foods before, during, and after exercise will provide the body with optimum energy without the added calories and ingredients to perform any physical activity and support the recovery period afterwards.**

### Before Exercise Nutrition

There are several meal and food choices we can prepare at home to fuel our bodies before engaging in physical activity. Three-to-four hours before exercise we should prepare a healthy meal that is **rich in complex carbohydrates with a small amount of protein** or 1-2 hours before exercise eat a snack to supplement muscle stores and to help to build and repair muscle tissue.

Since carbohydrates are the major nutritional requirement for energy before physical activity we can prepare a fruit and yogurt smoothie or dice up an avocado with a slice of whole grain toast.

### During Exercise Nutrition

Staying **hydrated and keeping electrolytes in check** during exercise will keep your body energized.

On your next trip to the gym, prepare a water bottle with fresh citrus fruits or make your own electrolyte ice cubes using citrus, honey and salt. For those of us going on a day long hike or in need of more nutrition, consider pulsing together dates, sunflower

seeds and hemp hearts for a powerful energy bite.

#fueldbyFLIK

## Post Exercise Nutrition

Feeding the body after exercise will support in recovery. **There are four major nutritional requirements for recovery post exercise:**

1. Water
2. Electrolytes
3. Carbohydrates
4. Protein

**Preparing meals at the beginning of each week will be the quickest and easiest way to provide nutrition to your body immediately after exercise.** Start by preparing foods such as hummus crusted chicken with steamed broccoli and brown rice or bake a few sweet potatoes and add ½ cup of your favorite beans (canned or fresh) with sautéed garlic spinach for a quick and healthy stuffed potato. After your next exercise class or a laborious day spent gardening and mowing the lawn, re-heat your meals and enjoy the benefits of feeding your muscles and tissues with proper nutrition.

## Did You Know...?

The sports nutrition and nutrition bar market has more than 100 million American consumers with women consuming more nutrition bars than men.

source: packaged facts, The Salt Lake Tribune, ChicagoBusiness.com