

NUTRITION BITS AND BITES

Fueling for Physical Activity



How much does my child or teen need?

The best way to get all the nutrients you need each day is to eat a variety from every food group. Following the recommended servings from Canada's Food Guide will provide the nourishment to keep your child's body healthy and energized throughout their busy day.

Fueling with Food

Before activity (Usually 2-3 hours prior):

- Choose foods from at least 3 of the 4 food groups.
- Try a whole grain sandwich made with lean meats, veggies and cheese; yogurt parfaits or fruit smoothies paired with peanut butter on toast or cheese and crackers.

During activity:

- If lasting longer than an hour, a small, easy-to digest snack is recommended.
- Try fruit or a granola bar.

After activity:

- Hydrate, restore energy and repair muscles.
- Try to have a snack within 30 minutes from at least 3 of the 4 food groups.
- Try a smoothie; stir fry veggies with meat or beans and rice; pasta and meat sauce with veggies such as peppers and mushrooms are just some examples.

Hydrate with water! When exercising, drink before, during and after a workout. Sports drinks are higher in sugar and are only helpful when you are exercising in the heat or participating in activities that last longer than 90 minutes.

Ginger Granola and Pineapple Cottage Cheese

Ingredients:

- 2 tsp. minced fresh ginger
- 1 tbsp. liquid honey
- 1 tbsp. water
- ¾ cup large flake rolled oats
- ¼ cup chopped pecans
- 2 cups cottage cheese
- 1/8 tsp. ground cinnamon
- ½ tsp. vanilla extract
- 2 cups chopped fresh or canned pineapple



Directions:

Step 1: In a small skillet or saucepan, combine gingerroot, honey and water. Bring to a simmer over medium-low heat, stirring often. Simmer for about 2 minutes or until ginger is translucent. Add oats and pecans and cook, stirring, for about 5 minutes or until toasted and dry. Transfer to a bowl and let cool.

Step 2: In a bowl, combine cottage cheese, cinnamon and vanilla. Divide among 4 serving bowls. Top with pineapple and granola.

Recipe source:

Cookspiration.com

TIP: The granola can be made ahead and stored in a glass jar for up to 3 days. The cottage cheese mixture can be stirred together the night before for quick and easy assembly in the morning!

** Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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