

# Ten Top Tips: Eating for Energy

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Artists' Health Centre

## 1. Energy Balance

Energy Input (diet) = Energy Output (physical activity)

Too little or too much leads to lack of energy, unhealthy weight changes

## 2. Why Diets Don't Work

Dieting subtracts from your energy ...and can lead to rebound weight gain.

Move away from dieting ... invest in nutrients not just calories.

## 3. Fuel Your Body Wisely ...avoid skipping meals & snacks

Don't buy into all the myths about carbs, protein and fats... get the facts

**Carbs** are the **prime fuel for energy**. Space "smart" carbs wisely over the day.

## 4. Protein ... to build and repair ... not to replace carbs

High protein, low carb diets ...benefits and risks. Balance is the key.

Best food group sources, quality and quantity is important.

## 5. Fats are Essential ... be a connoisseur

Both low fat and high fat diets can subtract from your energy.

Choose the right fats ... and understand why balance and variety is important.

Best food group sources for quality and quantity.

## 6. Don't Forget Fluids

Water, milk/alt, fruit juice, sport drinks, tea/coffee, diet cola, energy drinks, alcohol. Dehydration is a major cause of fatigue. Don't always rely on thirst to drink fluids.

## 7. What about Supplements?

Diet assessment is the first step in really knowing what you may/not need.

Don't play Russian roulette based on unreliable advice. Do you need a multivitamin, calcium, vitamin D, iron, B vitamins, fish oils? Beware of dubious products/ads.

## 8. Super Foods ... are they super?

Fruits & Veggies/antioxidants, "new" whole grains, legumes/soluble/insoluble fibre, plant protein supplements, soy, fish, lean red meat, low fat dairy, nuts/seeds etc.

## 9. Get Moving ... keep healthy with regular physical activity

Regular, not excessive exercise, is the key to a healthy weight, strong immune system and prevention of chronic diseases (hypertension, heart, cancer, diabetes).

## 10. Busting Stress ... balance your lifestyle ... enjoy eating well, being active and feeling good about yourself. Fuel at regular intervals, get more sleep, butt out!

Constant stress can subtract from your energy ... and unwanted weight changes.