



HERE'S WHAT TO EAT FOR ADDING POWER TO YOUR WORKOUTS

1. Go for grains.

Grains are an excellent source of carbohydrates and B vitamins that help turn food into energy. Whole grains are even better! Good grains are breads, cereal, rice, pasta, crackers and potatoes – get imaginative and try couscous, barley, quinoa or other interesting grains.

2. Tap into pigment power.

Colourful fruits and vegetables not only supply carbohydrates but a slew of vitamins and minerals and other substances known as phytochemicals that help keep your body in top shape. These phytochemicals show up in the pigments of fruits and vegetables.

3. Hand over the protein.

You need a serving the equivalent of one to two palms of your hand each day from protein such as lean meat, poultry and seafood. Non-fat or low fat dairy products are also good protein sources and if you're a vegan choose more beans, peas or soy products. Fish is also getting a lot of press for its ability to boost serotonin and decrease risk of cardiovascular disease.

4. Don't be fat phobic.

Some current research suggests that athletes need more fat for endurance sports. While you don't have to go overboard, small amounts of fat such as olive or canola oil are beneficial.

5. Wet your whistle.

Be sure to drink plenty of water. Dehydration can deflate a workout in no time