

STRATEGIC EATING AND REFUELING FOR PEAK PERFORMANCE

THE BALANCING ACT

Eating the right types of foods and fluids at the optimal times allows us to train hard, recover, rebuild, and benefit from our exercise training, while coping with the demands of our busy lifestyles. The result: better exercise performance, less risk of injury and fatigue, a healthy body composition, and less chance of feeling hungry throughout the day.

OPTIMIZE YOUR RECOVERY

How you re-fuel your body post-workout is just as important as your training for achieving improvements in your exercise and sport performance. Add managing and/or achieving a healthy weight onto this, and those eating habits become even more important. A focus on post-workout nutrition complements your training session by enabling your body to recover, repair, and regenerate muscle cells to meet an even tougher training workout next time.

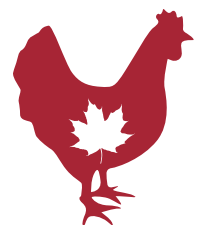
Leucine, a key amino acid found in protein-rich foods, flicks your muscles' recovery switch ON. This helps the refueling and rebuilding processes to get started right away. Muscle protein synthesis appears to be maximized with approximately 20 grams of high quality, leucine-rich protein included as part of a carbohydrate-rich snack or meal, eaten within the 1st hour or two post workout. See the leucine-rich protein table to make sure you choose enough protein-rich foods to include in your snacks and meals.



We all need to eat well to develop and maintain our health and fitness while meeting our personal body composition goals.



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SIMPLE RECOVERY STRATEGIES WITH REAL FOOD

- Re-energize your muscles with carbohydrates from starchy foods such as potatoes, rice, quinoa, pasta, hummus, and hot cereals for maximum energy
- Rebuild lean tissues with protein and other essential nutrients found in meat, poultry, fish, eggs, milk, yogurt, and plant-based alternatives
- Rehydrate with water and other fluids, before, during, and after physical activity sessions
- Include fluids at all snacks and meals

TRACK YOUR PROGRESS

Track your food intake and exercise training using on-line tools, such as Chicken Farmers of Canada's Food Journal, to ensure that you are eating properly. This can go a long way to helping you optimize your recovery and maintain/reach a healthy weight. Read food labels on packaged foods (i.e. Nutrition Facts table and the ingredient list) to help you determine how much energy (calories) in the forms of carbohydrate, protein, and fat they are adding to your plate.

IT'S ALL ABOUT BALANCE

At the end of the day, listen to your brain and your gut – if you are not doing much training that day you know you don't need to eat as much so it is okay to have a hungry feeling, but when you are upping your training intensity/volume, make sure you aren't hungry. Training on too few calories can lead to chronic fatigue, poor immune function, loss of muscle mass, and decreased performance. So take advantage of all that recovery nutrition can offer.

LEUCINE-RICH PROTEINS

MEAT & FISH (COOKED)	PROTEIN (G)	LEUCINE (G)
Chicken breast, 3 oz (85 g) cooked	25	2.1
Pork loin, 3 oz (85 g) cooked	26	2.1
Beef, flank steak, 3 oz (85 g) cooked	23	1.9
Fish & shellfish, 3 oz (85 g) cooked	18-22	1.4-1.8
Canned tuna, light, 3 oz (85 g), drained	25	2
Canned salmon, drained, 3 oz (85 g)	21	1.6
Smoked salmon, Chinook, 1 oz (28 g)	5	0.4
MILKS, YOGURTS, CHEESES AND EGGS	PROTEIN (G)	LEUCINE (G)
Greek-style yogurt, 170 g	17	1.7
Regular cheeses (e.g. cheddar), ½ cup diced (65 g)	15.5	1.3
Milk, 1 cup (250 mL)	8	0.8
Yogurt, fruit flavoured, 175 g	7	0.7
Egg, 1 large	6	0.5
LEGUMES, NUTS/SEEDS, SOY PRODUCTS	PROTEIN (G)	LEUCINE (G)
Soy nuts, ⅓ cup (75 mL)	20	1.6
Tofu, block ½ cup (100 g)	16	1.2
Edamame, cooked, ½ cup (125 mL)	8	0.6
Nuts, ⅓ cup (75 mL)	9	0.7
Legumes, cooked (chickpeas, lentils, kidney beans, etc.), ½ cup (125 mL)	8	0.6
Peanut butter, 2 Tbsp (30 mL)	8	0.5

Nutrient values from the USDA National Nutrient Database

PROTEIN SOURCES	LARGE PORTABLE SNACK IDEAS	PREPARED MEAL IDEAS
Eggs	Boiled egg + whole wheat crackers	Baked Spinach & Chicken Omelette*
Chicken	Taco Chicken Salad in a Jar *	Chicken Chili *
Fish	Smoked Salmon & Chicken Wraps *	Salmon burgers with salad
Meat	Roast beef slices on rye bread with pickles	Spaghetti with meat sauce
Chickpeas, lentils, beans	Hummus dip with baby carrots Feta, Bean & Chicken Salad*	Lentil & Ground Chicken Shepherd's Pie*
Tofu, soy protein	Energy bars with soy protein	Tofu stir fry with rice and veggies
Dairy	Chicken & Cheese Breakfast Muffins * Greek yogurt with muesli	Grilled Swiss cheese and ham sandwich Cheese and egg quiche
Nuts	Almonds and dates + rice cakes	

*Recipes from chicken.ca