

# 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](http://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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