

Get ready for Ottawa Race Weekend!

Five foods to boost your energy for the May 28-29 Ottawa Race Weekend

As a marathon runner, I am often asked about the types of food that I eat for energy. Since this weekend is the Ottawa Race Weekend, here are six of the healthy foods I try to incorporate in my diet on a weekly basis to help with my energy.

1. Oatmeal. A great source of complex carbohydrates which maintains your energy for a long period of time and curbs your appetite by slowing down the absorption of glucose into your bloodstream. Oats are also a good source of B vitamins which are important for your nervous system.

2. Almonds. A healthy fat and a nutritional powerhouse that contains significant amounts of protein, calcium, fibre, magnesium, folic acid and vitamin E. Raw almonds or natural almond butter are two options.

3. Greens. Leafy greens such as kale, Swiss chard, collard greens and spinach to name a few, are the number one

food missing from most of our diets, yet should be the most consumed. Loaded with nutrients including calcium, vitamin c, magnesium, zinc, iron and many other nutrients, they help to alkalize your body and increase energy. For athletes, eating a big green salad after training or racing helps the body rebuild and repair itself.

4. Blueberries. Full of nutrients such as Vitamin C to support your immune system, blueberries are the star when it comes to antioxidant properties. Try adding ¼ cup to your morning cereal as a source of energy-enhancing carbohydrates and fibre to help sustain that energy.

5. Avocado. An amazing source of monounsaturated fatty acid, a healthy fat, which has been linked to lowering cholesterol. They are also a great source of potassium, vitamin E, B vitamins and fibre. In fact, one avocado has more potassium than two to three bananas.

A great start to the Race Weekend - blueberry and cinnamon oatmeal breakfast



Ingredients:

- Just over ½ cup of uncooked steel cut oats
- ¾ cup water
- ½ cup milk (my fave is unsweetened almond milk)
- 1 tsp of pure vanilla
- ½ cup blueberries
- 1 tsp pure maple syrup
- 1 tbsp sliced almonds
- Sprinkle of cinnamon

Directions:

Combine steel cut oats, water, vanilla and milk in a small saucepan and cook for 20 minutes on medium-to-low heat. Top cooked oats with blueberries, sliced almonds, pure maple syrup and a sprinkle of cinnamon goodness.

Be well and happy running!

Book an appointment with Linda and bring this article with you to receive 10% off your nutritional consultation.

Linda Houle-Robert, RHN lhoulerobert@yahoo.ca