

Nutrition Bits and Bites

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Our blender sees a lot of action....

Eating well on the run is challenge for busy families that I find commands my attention, both in my mother-role and in my professional life as a registered dietitian . Competitive athletes like our swimmers, while they juggle the time and energy demands associated with school and sporting achievements, are also in intensive periods of physical growth and development: The need for quick nourishment at an all time high.

Sometimes, the snappy blender breakfast comes in handy. Also, Smoothie-type concoctions can meet the demands for recovery eating after a prolonged workout. The goal of recovery eating is to put the stored energy (glycogen) back into muscles. This is an excerpt from recently published "position on the timing of nutrients " from the International Society of Sport Nutrition :

"Post-exercise (within 30 minutes) consumption of CHO at high dosages have been shown to stimulate muscle glycogen re-synthesis, while adding protein may further enhance glycogen re-synthesis. Post-exercise ingestion of protein (immediately to 3 h post) ...has been shown to stimulate robust increases in muscle protein synthesis, while the addition of carbohydrate may stimulate even greater levels of protein synthesis "

Protein and carb rich drinks like chocolate milk and healthy smoothies fit the bill.

Lemon Tart Smoothie

1/4 cup plain yogurt (could use berry/ lemon)
1-2 tsp. Lemon juice
1/4 cup unsweetened frozen strawberries
1/2 cup grape or cranberry/raspberry juice
1/2 ounce soy or whey protein powder
1 cup ice

Blend until smooth.

Peanut Butter Cup Smoothie

1/2 cup water
1/2 cup milk
1 Tbsp. natural peanut butter
1/2 ounce chocolate flavoured whey
or soy protein powder
1 cup ice

Combine in blending cup, blend until smooth.

Blue-banana shake

1/2 cup milk
1/2 cup water
1 ounce vanilla soy or whey protein powder
1/2 banana (I keep them peeled and frozen)
1/2 cup frozen blueberries
1 cup ice

Combine and blend until smooth.

These recipes are adapted from Meals in Minutes by Laura Kalina, for use in my one serving "magic bullet" blender. Just double the ingredient for a regular blender to serve two.

If you have your own recipes to share, let me know And I can put them in a future newsletter...
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