

Eating for Energy

Why is this important to you? What would YOU do with more energy?

Stress Management Resources

- AHS Course: Living Well with Stress: Call (403) 9-HEALTH to book
- **Active** relaxation: meditation, Tai chi, deep breathing, massage, yoga
- Talk to your doctor – Primary Care Network (PCN) resources?
- Community Services
 - Access Mental Health (403-943-1500)
 - Calgary Family Therapy Centre (403-802-1680)
 - Calgary Distress Centre (403.266.HELP (4357))

Sleep Resources

- Look at sleep hygiene
- Book: Say Goodnight to Insomnia
- Talk to your doctor

Exercise Resources

- Exercise with a friend
- Mall walking - Check with your local mall
- Prescription to Get Active - Check with your doctor
- AHS supervised exercise (through Alberta Healthy Living)

Glycemic Index – Grains and Starches

Low

- Sprouted grain bread
- Cereal: All Bran, Bran Buds
- Steel-cut oats, rolled oats
- Barley
- Bulgar
- Quinoa
- Pasta! (al dente)
- Sweet potato
- Legumes

Medium

- Quick oats
- Whole-wheat bread
- Brown and basmati rice

High

- White bread and rice
- Rice crackers and cakes
- Potato
- Corn Flakes, Bran Flakes, Rice Krispies
- Instant oats

Categories of Sugar

- Naturally-occurring in whole foods: Found in milk and fruit
- Free sugar
 - Sugar in honey, syrups, fruit juices
 - Plus “added sugar” - “added to foods by the manufacturer, cook or consumer”

Guidelines: Limit free sugar to 5-10% of calories.

- For a 2000 calorie diet: ~6 to ~12 teaspoons a day
- Reading labels? That’s 25-50g of free sugar a day
- Note: 1 teaspoon = 4 grams of sugar

Hunger Fullness Scale

- 10 - Uncomfortable, Thanksgiving full
- 9 - Stuffed and uncomfortable
- 8 - Too full, somewhat uncomfortable
- 7 - **Full, but not yet uncomfortable – hunger is gone**
- 6 - **Filling up, but still comfortable**
- 5 - **Neutral**
- 4 - **Slightly hungry, mild signals that your body needs food**
- 3 - **Hungry, not yet uncomfortable**
- 2 - Very hungry, irritable, or anxious
- 1 - Starving, weak, dizzy

Source: http://www.move.va.gov/docs/NewHandouts/Nutrition/N04_HungerAndFullness.pdf

Supplements

Evidence-Based information on supplements: National Institutes of Health, Office of Dietary Supplements (<https://ods.od.nih.gov>)

Contact Me

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