



ENERGISE

Fuel for peak performance plus, tasty, healthy recipes to keep you trim

62 RUNNING LIGHT

Diet is an integral part of any fitness regimen and good nutrition is pivotal, especially if you're looking to lose weight. Jaclyn Reutens gives us some nutritional advice on how to lose weight, keep the weight off or accelerate post-run fat burn.

65 THE PROS OF PROBIOTICS

Thanks to cultured milk companies, most of you would know about the good organisms that aid digestion and prevent colon cancer among many things. But actually, there are any commonly-found food that contains live cultures.



RUNNING LIGHT

Running is a great way to kickstart your weight loss and weight control regimen. Add good nutrition to the mix, and your results will undoubtedly be multiplied manifolds.

Text: Jaclyn Reuters

Weight or fat reduction is generally motivated by a desire to optimise running performance. In an attempt to achieve weight loss, runners are exposed to as much misinformation about weight loss and dieting. In some cases, the methods used to reduce weight become extreme in nature, increasing the likelihood of decreased performance and risk psychological effects. Low energy availability can result in irreversible loss of bone and hormonal imbalances.

With that in mind, it is important to note that the safe amount of weight loss is between 0.5 to 1kg a week. This is achieved by a combination of a balanced calorie-controlled diet and regular exercise. Regular exercise is exercising at moderate to high intensity levels for at least 30 minutes five times a week.

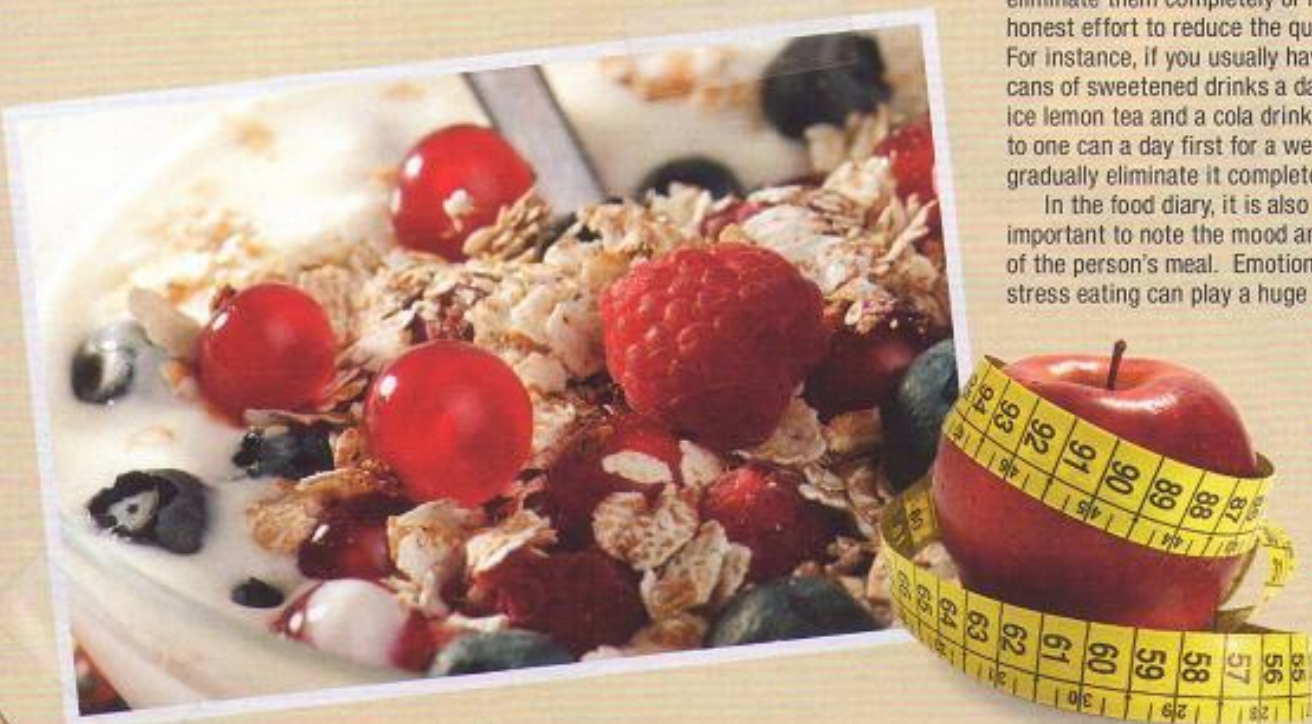
Apart from weight loss, good nutrition can help you maintain your current weight as well as accelerate post-run fat burn.

NUTRITION FOR WEIGHT LOSS

► **A food diary is the way to start.** Make a true reflection of the runner's daily eating patterns for three days; one day must be a weekend. From your notes, identify the nutrition pitfalls.

These include sugary foods, desserts, sweetened drinks, alcoholic beverages, savoury snacks, biscuits and crackers. Depending on how quickly you wish to lose weight, you can either eliminate them completely or make an honest effort to reduce the quantity. For instance, if you usually have two cans of sweetened drinks a day such as ice lemon tea and a cola drink, reduce to one can a day first for a week and gradually eliminate it completely.

In the food diary, it is also important to note the mood and place of the person's meal. Emotional or stress eating can play a huge role



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in hampering weight loss. Stress eating requires more discipline and self control as it is your mind that can cause mindless eating. Vent your stress out either through exercise or take a breather outside. A five minute walk around the block is better than wolfing down a bag of chips in five minutes.

Eliminate triggers that can sabotage weight loss efforts such as going to a fast food place after a workout or eating in the pantry during mid afternoon in the office. Stay clear of "danger zones".

➤ **Remove visible fat from the diet** such as butter, margarine, mayonnaise, sour cream and fresh cream. Learn to eat breads plain or potatoes with salsa instead of sour cream. These fat laden spreads pack a bundle of calories in that tiny amount. Ditto, when it comes to meats. Remove fat from meats as well as poultry; discard the chicken skin and beef fat trimmings. Too much excess fat makes you sluggish and slows you down. Conversely, you will feel energised when you remove excess fat from your diet.

➤ **Prepare your post-run food.** If it is still a few hours away to your main meal, prepare a healthy snack so you do not get tempted by unhealthy snacks or nibbles. Healthy snacks include a fruit or low fat yoghurt or half sandwich or low fat milk. Your post workout snack must be less than 150kcal, if needed. This is so that you do not inadvertently consume the amount of calories you have just burned. If it is time for a proper meal, make sure you order one main course, no appetiser or dessert. Post-run, you might be ravenous and ready to gobble down what is in front of you, but you need to eat slowly! Savour every morsel of food as that is all you will be having for that meal.

➤ **Water should be your beverage** of choice most of the times. You do not need fruit juices, milk, malted beverages or cultured milk drinks. You can easily drink your calories. Stick to water.

Once you have trimmed off those inches and gotten rid of the excess flab, here comes the weight maintenance.

NUTRITION TO MAINTAIN WEIGHT AND KEEP THE WEIGHT OFF

➤ **Have a healthy balance of low glycemic index and high glycemic index foods.** Brown rice, wholemeal bread, multigrain grain bread, high fibre cereals can be balanced with potatoes, pasta and even white bread. Please do not write off white bread completely. They are extremely useful when it comes to recovery as they are a quick delivery of carbohydrates to replenish glycogen stores. Just plan them wisely in your diet.

➤ **Eat leaner cuts of meat such as sirloin** and tenderloin where the fat contents are lower than the chuck and ribeye. Chicken breast and chicken thigh are fine, just remove the skin. It is fine to cook with some oil; pan-fried, stir fried, grilling, baking and roasting are healthy cooking methods. Just avoid deep-frying or having a layer of batter or crumbs around it.

Other healthy protein foods that should be spread out over three to four meals a day include fish, seafood, tofu, beans, lentils, pulses, nuts as well as low fat dairy such as milk, yoghurt and cheese. Recent evidence



shows that adequate calcium intake promotes weight loss. Ensure you get at least one serve of low fat dairy in your daily diet.

➤ **Fruits and vegetables are essential** to your weight maintenance phase. It provides you with the fibre, minerals and vitamins to keep hunger at bay and repairs your muscles and tissues to prepare you for your next run. You need to eat two to three cups of fruits and vegetables each daily. Eat different colours of each to get a spectrum of antioxidants. Fruits and vegetables provide both soluble and insoluble fibre that keeps you full and maintain healthy bowel movements. Healthy bowel movements are important to a runner as it makes them feel "light".

At this weight maintenance stage, sports drinks can come in handy, but use them wisely. You only need them for runs longer than 60min and it should be drunk on workout days. If you drink sports drinks on non-workout days, you can gain unnecessary weight. Water should still remain your beverage of choice.

HYDRATION IS IMPORTANT IN FAT BURNING.



NUTRITION TO ACCELERATE POST-RUN FAT BURN

► **Hydrate with a 300-500ml sports drink** if your run is longer than 60min. If it is less than 60min, then water is fine. Hydration is important in fat burning. A dehydrated state will reduce efficient metabolism.

Next, ensure your next meal is very low in fat. It should contain low glycemic carbohydrate foods and lean protein foods

so that your body and muscle can absorb immediately. Examples: wholemeal sandwich with grilled chicken breast and tomatoes as opposed to a beef steak with fries and chilli sauce. Other healthy post work-run meals are brown rice with salmon, wholemeal pasta with chicken and vegetables (check out the recipes here).

Female runners should pay particular attention if they miss their periods as it is an indication of a too sudden reduction in body fat which is unhealthy and could have detrimental side effects. Should that happen, see a physician or sports doctor.

A runner should always aim to be of a healthy weight and achieve that weight in a sensible manner. There is no need to count calories or be obsessed with counting fat grams. Look at the portions served and use common sense to make an informed decision. To know the exact portions for your weight and height, do see a sports dietician who can plan a menu specifically to meet your needs. **R**

ROASTED CHICKEN AND BUCKWHEAT PASTA SALAD

SERVES 2

Ingredients

- 1 cup uncooked buckwheat pasta (or any pasta) (75g uncooked/160g cooked)

Dressing:

- 2 tablespoons fresh orange juice (25g)
- 4 teaspoons fresh lemon juice (13g)
- ½ tablespoon extravirgin olive oil (5g)
- ½ tablespoon mustard
- ½ teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon rice vinegar
- ½ cup shredded cooked chicken breast (or leftover chicken) (90g)
- ½ cup seedless red grapes, halved (110g)
- ½ cup thin diagonally cut celery (50g)
- 2 tablespoons finely chopped red onion (30g)
- 2 tablespoons coarsely chopped walnuts (20g)
- 1 tablespoon chopped fresh chives (8g)
- ½ tablespoon chopped fresh parsley (1.5g)
- A pinch of freshly ground black pepper



Directions

1. Cook pasta according to package directions. Cool completely.
2. Mix the ingredients for the dressing, stirring with a whisk to combine.
3. Add pasta, chicken, grapes, celery, red onion, walnuts, chives, parsley and pepper.
4. Toss gently to combine. Serve.

NUTRITION INFORMATION

Nutrient	Per Serving
Energy (kcal)	330
Protein (g)	20.2
Total Fat (g)	9.0
Saturated Fat (g)	1.7
Cholesterol (mg)	30
Carbohydrate (g)	37.5
Dietary Fibre (g)	4.7
Sodium (mg)	459

SALMON WITH SOY AND GINGER BROWN RICE

SERVES 2

Ingredients

- Cook rice
- ¾ cup brown basmati rice (uncooked)
- 1 teaspoon sesame oil
- 1 teaspoon fresh ginger, finely grated
- 1.5 tablespoons rice wine vinegar
- 1 teaspoon soy sauce
- 1 teaspoon olive oil
- 2x (200g) salmon fillets
- 100g bok choy
- 1 medium zucchini, thinly sliced lengthways
- ½ large carrot, thinly sliced lengthways
- 1 green onion, thinly sliced
- 1 teaspoon sesame seeds, toasted
- Lime slices, to serve

Directions

1. Cook rice.
2. Combine sesame oil, ginger, vinegar, soy sauce in a bowl.
3. Heat olive oil in a frying pan over medium heat. Cook fish for 4 to 5 minutes each side or until cooked through. Transfer to a plate.



NUTRITION INFORMATION

Nutrient	Per Serving
Energy (kcal)	440
Protein (g)	42.8
Total Fat (g)	13.6
Saturated Fat (g)	2.0
Cholesterol (mg)	104
Carbohydrate (g)	36.9
Dietary Fibre (g)	3.1
Sodium (mg)	259

4. Add zucchini, carrot and onion to the pan. Add bok choy. Cook, tossing occasionally, until bok choy has wilted.
5. Place rice, vegetable mixture and sesame oil mixture in a bowl. Toss to combine.
6. Divide between plates. Top with fish. Sprinkle with sesame seeds.
7. Serve with lime slices.