

fit food

GET LEAN AND TRIM BY FUELLING UP BEFORE YOUR WORKOUT.

Hitting the gym on an empty tummy? Bad idea. You won't be able to crank up the intensity of your workout. And by the time you're done, you'll probably feel like you could eat a cow. Take the edge off with a snack within an hour or even two hours before exercise, says Jaclyn Reutens, dietitian at Aptima Nutrition & Sports Consultants. Here's what she recommends.



* ½ chicken wholemeal sandwich with no mayo (138 calories)



* 3 wheatmeal biscuits (135 calories)

CHOOSE

- One serving for low- to mid-intensity activities
- Two servings for high-intensity activities



* 150g slice of papaya (44 calories)

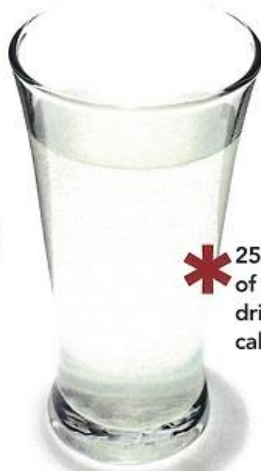


* 100g low-fat yogurt (53 calories)

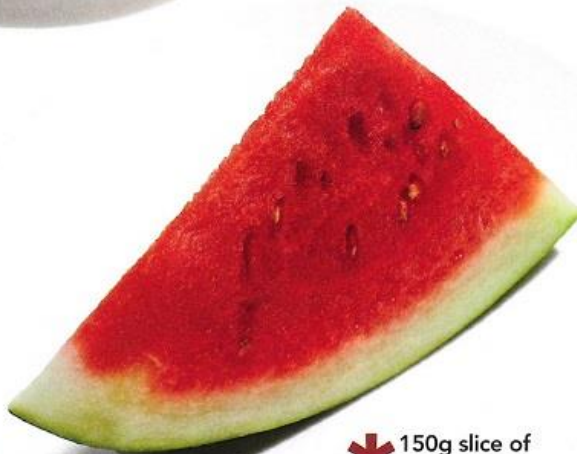
| ACTIVITY (Low- to high- intensity) | ESTIMATED CALORIES (KCAL) burnt per hour for a 55kg female |
|--|---|
| Weight lifting, light to vigorous effort | 166-331 |
| Dancing | 166-446 |
| Hatha yoga | 220 |
| Cycling | 211-558 |
| Racquet games (tennis, badminton etc) | 249-441 |
| Swimming | 320-558 |
| Ball games (basketball, volleyball etc) | 331-441 |
| Jogging (7-12kmh) | 370-660 |



* 24-31g non-yogurt/
chocolate-coated
muesli bar
(129 calories)



* 250ml glass
of sports
drink (69
calories)



* 150g slice of
watermelon
(56 calories)



* 240ml can
of Milo drink
(99 calories)



* 1 vegetable
bun (150
calories)



* 25g or 3 tbsp cereal
with 100ml milk
(123 calories)

skip these

If you're grabbing your snack at the cafeteria, give these oily foods a miss. "Your body takes about four hours to completely digest fatty foods, so they won't be an immediate source of energy," explains Jaclyn.

■ GORENG PISANG

Fresh bananas may be nature's energy bars, but skip this greasy and battered version.

■ CHOCOLATE

Emulsified fats in this sweet confection are hard to break down.

■ CURRY PUFF

The combination of oil and spice can upset your stomach.

■ MEAT BUNS

Although they're steamed, fatty cuts of meat are usually used in char siew (chicken or pork) buns.

■ SCRAMBLED EGGS

These are cooked with butter and milk, which stay longer in your tummy.