

# Tri Fit's Healthy Habits

## The Energy Trifecta

### Increase Fibre to Balance Blood Sugar



It is expected that Type 2 Diabetes will affect at least 11% of the Canadian population by the year 2020. What can you do to decrease your risk of developing this disease? Weight control, increased physical activity and a nutritious diet high in fibre have all been shown to help keep your blood sugar balanced. A high fibre diet will also help to maintain alertness, increase efficiency with everyday tasks, and keep your “engine” running smoothly.

The EPIC-InterAct study, from Cambridge University in Britain, found that eating higher amounts of fibre helped prevent the onset of Type 2 Diabetes and lowered the associated risks. High-fibre meals, with their low glycemic index and load, protect the pancreas by keeping blood sugar and insulin levels constant. The amount of dietary fibre that achieved the greatest results was 26 grams/day or more. Fibre from 100% whole-grain breads, rice, pasta and breakfast cereals was found to be most protective. Vegetable fibre was also beneficial.

Canadians typically consume only 12-15 grams of fibre per day. To boost your fibre intake try consuming the following high fibre/high energy foods on a daily basis. Remember to increase your fibre intake gradually to avoid gastrointestinal issues

Start with	Add	Total Fibre (grams)
2 slices 100% whole grain bread (4g)	½ avocado (6.5g)	11.5
1 cup cooked oatmeal (4g)	1 cup blackberries (4g) 1 tbsp ground flax	10
1 cup cooked quinoa (5g)	½ cup broccoli (2.5g) ½ cup snow peas (2g) ½ cup red pepper (1.5g)	11g
1 cup cooked brown rice (3.5g)	½ cup cooked lentils (7.5g)	11g
2-7 in. 100% whole wheat tortillas (4g)	½ cup cooked black beans (7.5g)	11.5g
1 medium pear (5.5g)	¼ cup of almonds (4.5g)	10g

<http://www.theglobeandmail.com/life/health-and-fitness/leslie-beck-study-shows-high-fibre-diet-lowers-risk-of-type-2-diabetes/article24859495/>

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## Sleep Sense

Most of us have sleep-promoting bedtime rituals such as dimming the lights, reading and meditation. But did you know that certain foods and drinks can make or break a good night's sleep? Understanding how food can affect our level of alertness can help us achieve 7-8 hours of restful sleep each night.

### Calming Foods

Certain foods can perk you up or calm you down so it's important to choose wisely depending on the time of day and the task at hand. Magnesium and tryptophan are two nutrients that have a calming, restful effect. Carbohydrates such as buckwheat, millet and oats not only contain magnesium, they also enhance uptake of tryptophan by the brain. Pairing the unrefined grain with a lean protein such as peanut butter further boosts the amount of tryptophan in the bloodstream. While eating close to bedtime is not generally recommended, if you must have a small evening snack, choose unrefined cereal with milk, peanut butter on 100% whole grain toast, or cheese and 100% whole grain crackers to ensure a good night's sleep.



### Caffeine Craving

There is nothing like that first cup of the day to give us an energy boost. But too much caffeine in a short period of time can cause alertness levels to wane as the effects wear off. Consume moderate amounts of coffee or tea in the morning as caffeine intake later in the day can cause sleep disruptions.

### Energy Crisis

Energy drinks such as Red Bull, Monster and Rock Star contain caffeine, sugar (or artificial sweeteners), herbs and trace nutrients such as B vitamins and amino acids. Consumption of these drinks results in temporary alertness followed by an energy dip, as the caffeine and sugar content play havoc with blood sugar levels. Rather than reaching for energy drinks to stave off fatigue, work on getting adequate sleep; the healthiest method for combatting daytime sleepiness.



### Night Cap Nightmare

Do you think a nightcap will help you sleep better? Think again! Alcoholic beverages have an initial sedating effect that wears off after a few hours and actually interferes with sleep. Limit your intake to a drink with dinner and skip the nightcap to avoid disruption of the deep stages of sleep.

[www.sleepfoundation.org](http://www.sleepfoundation.org)

<http://www.dairynutrition.ca/facts-fallacies/health-concerns/sleep-and-tryptophan>

# Tri Fit's Healthy Habits

## Exercise for Energy!

If you are feeling sluggish, tired, and sleepy, skip the extra cups of java and get active. The benefits of exercise on energy level are twofold. Exercise boosts your body's fitness level and your mood, contributing to overall health and well-being.

### Feel the Endorphin Rush:

The energy boost that you get from exercise is a result of an increase in endorphin levels. Endorphins are hormones released by the body when we require a burst of energy — they help us perform and make us move. Mentally, we feel more energized and ready to tackle the world after a good workout.



### Morning Workouts:

A morning workout increases heart rate, gets blood flowing and makes you feel more alert and positive throughout the day. And as a result of the natural energy boost that an exercise routine provides, we are more likely to select fresh, wholesome foods for a post-workout meal.

### Sun Salutation Boost:

Yoga can be an excellent natural energy booster. It improves sleep quality, relieves stress and anxiety and improves overall physical health. Active poses that gently stretch the spine stimulate blood flow, help combat fatigue and promote feelings of well-being.

### Get Outdoors:

Getting outside in the natural light can help you feel revitalized and increase your energy. Studies have found that spending time outdoors, especially in a park or wooded area has a positive effect on vitality, enthusiasm, and mood. Other studies have shown that spending just 20 minutes outside has the same energy-boosting effect as a cup of coffee!

<http://www.telegraph.co.uk/science/science-news/7803320/20-minutes-outdoors-as-good-as-cup-of-coffee.html>

[http://www.selfdeterminationtheory.org/SDT/documents/2010\\_RyanWeinstenEtAl\\_JEVP.pdf](http://www.selfdeterminationtheory.org/SDT/documents/2010_RyanWeinstenEtAl_JEVP.pdf)



# Tri Fit's Healthy Habits

## The Energy Trifecta Checklist

These strategies can help you to achieve optimal energy throughout your day:

### Healthy Food Choices:

- Track your fibre intake for one week – increase your intake gradually with a goal of 26g of fibre per day
- Make sure you are drinking adequate fluids to help your body digest the added fibre – your urine should be the colour of a light lemonade
- Substitute unrefined, 100% whole grain options (millet, quinoa, brown rice, whole grain bread, whole wheat pasta) where possible

### Restful Sleep:

- Limit caffeine intake to the first half of your day
- Unplug from technology before bed
- Limit alcohol consumption to one drink with dinner
- Have your dinner at least 2 hours before bedtime

### Daily Exercise:

- Elevate your heart rate for 15 minutes in the morning; outdoors if possible
- Take a break from your desk every hour and get up, go for a short walk or stretch when you are feeling sluggish
- Aim for 30 minutes of daily exercise