

# FINDING THE RIGHT BALANCE

## Combining Protein and Carbohydrate

### Lasting Energy

Choose meals and snacks that combine protein and carbohydrate for lasting energy. The balance can help keep you full longer, reduce cravings, increase energy, and prevent overeating at meals.

**For best results:**

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Generally **avoid going longer than 4 hours without eating**. Eat every 3-4 hours.

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Look for a **minimum of 15-20 grams of protein** at each **meal**.

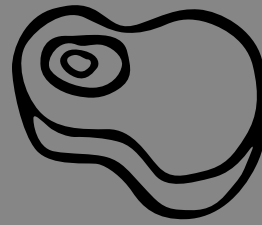
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Look for a **minimum of 5-10 grams of protein** at each **snack**.

# PROTEIN

## Recovery

Protein is essential for muscle recovery and healing after exercise.



## High Protein

- Fish, shellfish
- Turkey, chicken
- Pork / ham, beef
- Ground beef, chicken, turkey
- Soybeans, edamame, soy nuts
- Tofu, tempeh
- Soy and tofu products (e.g. meat substitutes)

## Moderate Protein

- Dairy milk (e.g. regular, chocolate)\*
- Soy beverage
- Cheese
- Greek yogurt, regular yogurt, kefir
- Cottage cheese
- Eggs, egg whites

## Variable Protein

- Nuts, nut butters
- Seeds
- Beans\*
- Lentils\*, other legumes
- Chickpeas\*, hummus

\* Can serve as a protein and a carbohydrate (combination food).

## Notable Exceptions:

These foods are **not** good sources of protein.

- Cream cheese
- Ice cream
- Sour cream
- Bacon
- Pepperoni
- Plant-based beverages (e.g., almond, oat, rice, hemp, etc.)

# CARBOHYDRATE

## Fuel

Carbohydrates provide fuel to increase energy level and improve performance.



### High Carbohydrate

- Breads, bagels, buns, tortillas, pitas
- Crackers
- Pasta
- Potatoes, sweet potatoes, yams
- Oats / oatmeal
- Rice
- Cereal, granola bars
- Quinoa, spelt, bulgur, etc.
- Barley, couscous
- Rice and oat beverages
- Fruit juice



### Moderate Carbohydrate

- Fresh / frozen fruits
- Canned fruits
- Dried fruits



### Low Carbohydrate

- Leafy greens
- Fresh / frozen / canned vegetables
- Vegetable / tomato juice
- Tomato sauce

### Notable Exceptions:

- Candy
- Pop
- Syrup / Sugar / Jam / Jelly
- Chocolate bars
- Donuts, pastries

These foods are high in carbohydrates, **but** also high in added sugars and low in vitamins, minerals, and fibre.

# Balanced Snacking Ideas

## Protein + Carbohydrate



yogurt	fruit
cheese	crackers
cottage cheese	blueberries, pineapple, etc.
nut butter	apple, banana, celery, etc.
flavoured tuna or salmon	crackers
almonds	fruit
hummus	veggies or pita bread
milk or soy beverage	cereal
hardboiled eggs	toast or veggies
nut butter	English muffin
cheese strings or <i>Mini Babybel</i>	crackers, fruit, or veggies
yogurt	granola + berries
yogurt	applesauce
deli meat	wrap
milk or soy beverage	oatmeal
cheddar cheese	toast or English muffin + tomato
refried beans	veggies

# Balanced Snacking Ideas

## Combination Food Snacks

**Recall:** Some foods can serve as both a protein and a carbohydrate (combination food).

milk or soy beverage

quinoa or couscous salad with chickpeas or other beans

edamame or chickpeas

bean, lentil, or meat-based soup (look for 5g of protein or more on the label)

energy bar (look for 7-10g of protein and 20g of carbs or more on the label)

meat or vegetarian chili

bean salad & vinaigrette

## Snack Tips:

- Aim to include food sources of both **protein & carbohydrates** at snacks
- **Choose leaner meats** when eating around exercise (e.g. chicken, turkey, ham)
- When possible, **choose whole foods** which are more nutrient rich
- Choose **whole wheat** or **whole grain** to boost fibre intake (e.g. bread, pasta, rice)

# Balanced Snacking Ideas

## Rapid Snacks



### Frozen Fruit Shake

#### Ingredients

- 1 frozen banana (peel and freeze in a Ziploc bag when brown)
- 3/4 cup milk or plant-based beverage
- berries (fresh or frozen) to taste
- splash of orange juice

Combine all ingredients in a blender and blend until thick. Serve immediately.



### Refried Bean Burrito

#### Ingredients

- 1/2 cup refried beans
- 6" or 12" whole wheat tortilla
- 1oz. cheese
- 1/2 tomato, diced

Combine beans and cheese in a bowl and microwave for 1-2 min, until cheese is melted. Spread on 1/2-1 tortilla and add tomato. Fold tortilla and cut into slices. Serve with sour cream and salsa.



# Balanced Snacking Ideas

## Rapid Snacks



### PM "Hold Me Over"

#### Ingredients

- 1/2 cup cottage cheese
- 2 tbsp raisins
- 2 tbsp sunflower seeds
- Cinnamon, to taste

Combine all ingredients in a small, re-sealable container. Use, as needed, to curb cravings and hunger, usually mid-afternoon, at work / school / practice / etc.



### Trail Mix

#### Ingredients

- 2 parts dry-roasted soy beans
- 1 part raisins
- 1 part bran buds
- 2 parts cereal (i.e., *Shreddies* or *Cheerios*)
- 1 part dry-roasted almonds or sunflower seeds

As a pre-exercise snack, replace bran buds with a lower fibre option, or increase to 3 parts cereal, to reduce stomach discomfort during exercise. Serving size = 1/4 cup (portion out).