

Wellness Column

by Linda Houle-Robert, RHN

As a marathon runner, I am often asked about the types of food that I eat for energy. Since the MS Walk is just around the corner, I thought it would be timely to share with you five of the healthy foods I try to incorporate in my diet on a weekly basis to help with my energy.

Five Foods to Boost Your Energy for the MS Walk

1. Oatmeal: A great source of complex carbohydrates which maintains your energy for a long period of time and curbs your appetite by slowing down the absorption of glucose into your bloodstream. Oats are also a good source of Vitamin B which is important for your nervous system.

2. Almonds: A healthy fat and a nutritional powerhouse that contains significant amounts of protein, calcium, fibre, magnesium, folic acid and Vitamin E. Raw almonds or

natural almond butter are two options.

3. Greens: Leafy greens such as kale, Swiss chard, collard greens and spinach to name a few, are the number one food missing from most of our diets, yet should be the most consumed. Loaded with nutrients including calcium, Vitamin C, magnesium, zinc, iron and many other nutrients, they help to alkalize your body and increase energy.

4. Blueberries: Full of nutrients such as Vitamin C to support your immune system, blueberries are the star when it comes to antioxidant properties. Try adding ¼ cup to your morning cereal as a source of energy-enhancing carbohydrates and fiber to help sustain your energy.

5. Avocado: An amazing source of monounsaturated fatty acid, a healthy fat, which has been linked to lowering cholesterol. They are also a

great source of potassium, Vitamin E, B vitamins and fiber. In fact, one avocado has more potassium than two to three bananas.

The perfect morning breakfast before the MS Walk is a bowl of oats (preferably steel-cut oats and not instant) served with milk (my favourite is almond milk), some blueberries, sliced almonds and a sprinkle of cinnamon goodness. For some added natural sweetness, I like to add a tiny bit of pure maple syrup.

Be well and have a great 2011 MS Walk!

The information and guidance provided is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. You are advised to make your own health care decisions based upon your research and in partnership with a qualified health care professional.