

FOR IMMEDIATE RELEASE

Summer Stamina – Eat smarter, play harder

The right foods make all the difference

TORONTO (August 3, 2005) - Canadian summers: a short, but intense season of cycling, gardening, swimming lessons, soccer practices and crazy schedules. Talk about playing hard! Canadians are the best at squeezing every ounce of fun out of this precious season, but we forget how draining that can be on our bodies.

Whether a fitness beginner or a seasoned pro, it's critical to increase nutrient intake to compensate for increased activity levels. Most people understand the importance of staying hydrated, yet few understand exactly what they should eat to build and maintain higher energy levels.

As activity levels increase, it's important for Canadians to incorporate more protein into their diets to keep active muscles healthy. Consuming protein will also help sustain energy levels.

Calgary-based sports nutritionist Andrea Holwegner, Registered Dietitian, works with clients ranging from the general public to Olympic athletes. She recommends the following test: in the morning, consume a piece of toast and a small glass of juice and see how long it is before hunger hits. It's usually within a couple of hours. The next day, "Add some protein, like two hard-cooked eggs, to the same breakfast, and you'll probably find that you won't get hungry again for three or four hours. You'll get 12 grams of protein and 14 essential nutrients from the eggs," says Holwegner.

Protein is especially important following activity as it helps muscles recover from exertion. Eggs can help; they're rich in protein - perfect for energetic people. A kitchen staple, eggs are convenient and quick to prepare – perfect following a workout. Try a simple scramble, like the one below, from eggs.ca.

Shake & Scramble

Ingredients:

2	eggs	2
2 tbsp	milk	30 mL
¼ cup	finely chopped smoked turkey or ham	50 mL
¼ cup	finely chopped green or red pepper, or cooked vegetables	50 mL
¼ cup	shredded Cheddar or Colby cheese	50 mL
	Cooking spray	

Method: Combine ingredients in a container with a tight fitting lid; cover and shake together until well mixed.

Lightly spray a skillet with cooking spray. Add egg mixture. Scramble over medium heat.

Microwave Method: Shake ingredients in a microwaveable container; cover loosely. Microwave on MEDIUM-HIGH (70%) 1 to 1-1/2 minutes; stir around outside edge to move cooked eggs towards the centre. Return to microwave and cook 15 to 30 seconds longer. (Eggs should still look a little moist.) Cover and let stand 30 seconds.

For a complete meal: Serve with whole wheat toast and a glass of grapefruit juice.

Makes one serving. Preparation time: 5 minutes. Cooking time: 5 minutes.

The Canadian Egg Marketing Agency (CEMA) represents farmers producing eggs on Canada's 1,101 regulated egg farms located in each province and the Northwest Territories. CEMA is dedicated to providing fresh, nutritious and high quality eggs at reasonable prices to all Canadians. For more information, please visit www.eggs.ca.

Additional recipes and high resolution photographs are available upon request.

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