

10 pieces of advice from a Canadian athlete for eating healthy when at home

By Keely Shaw,
RBC Olympian



Keely Shaw is a para-cyclist on Team Canada and is pursuing her PhD in exercise physiology and sport nutrition at the University of Saskatchewan.

Be Prepared – Sit down and make a meal plan for the week (or even just the day ahead). Pre-planning can help you stick to your plan.



Be Mindful – Before going for a snack, ask yourself, “Am I hungry or bored/lonely?” If the answer is bored or lonely, try connecting with a friend, doing a puzzle or trying a home workout.



Drink Up – Keep your hydration high. Aim for 3-4L of water per day and try to avoid juices or sweetened beverages.



Add Some Bubbles – Try plain or flavoured sparkling water. The carbonation might help you feel fuller and give you a break from the monotony of plain water.



Snack Smart – Choose real food! Snack on things like raw veggies, fresh fruit, whole grain crackers, turkey pepperoni, unsweetened Greek yogurt or some cheese!



Add Some Structure – Structure your days ahead of time to ward off boredom and try to maintain as much normalcy as possible.



Stay Minty Fresh – Brush your teeth or have a piece of minty gum after a meal if you’re worried about snacking too much between meals.



Meal Prep – Make meals and snacks ahead of time and portion them in individual serving containers to help with portion control.



Stay Connected – Try to talk to at least one person outside of your home a day to help maintain normalcy in your life (while maintaining social distancing). Try Facetime, Skype, Zoom or other apps or channels.



Keep it Moving – Try to get some physical activity every day. Check out YouTube for free exercise or wellness classes you can do at home, go for a walk, do a bodyweight workout – the possibilities are endless!



Things to consider in your diet

- Make half of your plate vegetables.
- Choose whole grain starches.
- Include a quality protein source in every meal.
- Don't eat in front of a screen.

Note: Please keep in mind that these are suggestions only and you should reach out to a registered dietician for specific recommendations.