

Food Facts and Fiction

by **Angela Hanlon**

4th Year Nutritional Science
Aspiring Naturopathic Doctor

From now until April, I am giving you the chance to get free information about virtually anything you would like to know about food! All you need to do is e-mail me at ahanlon@upei.ca and I will either reply to your e-mail or answer your question in my column. Don't worry, I won't mention your name because that's just unprofessional.

I find the after working out for a period of time, at a certain point I start to feel my muscles "quaking". I've been told it's probably due to an extreme lack of protein in my diet. I don't eat meat and my stomach gets kinda upset with synthetic protein. Any food suggestions to make my workout last longer?

Do you eat an hour before you work out? I mean a meal such as rice, potatoes, vegetables, cereal, sandwiches or anything you'd typically sit down to eat. I know that when it's been a few hours since I've eaten, my muscles start to quake and it's because I simply run out of fuel. There is no sugar available to keep my muscles working that hard. If you leave the gym after getting muscle "quakes" and still don't eat, you'll eventually get shaky and you'll have to sit down until you get some food, (fruit or candy). People should always eat a meal one or two hours before a workout. You probably already know to wait an hour before going for a run or you'll get cramps. As for the protein, it's probably not why you're getting

muscle "quaking" but protein is vital because it's the stuff that every single part of your body is made of. That means that if you aren't eating it, you aren't building muscle and most importantly you are using the protein you do have for working out. If you lose the protein your body has without replacing it then your organs, muscles, and tissues get consumed during your workout. Essentially, instead of using its fat for energy, the body uses itself. For protein to be useful, it needs to be "complete", this means that peanut butter won't cut it. If you don't eat meat, then eat lentils or chick peas, accompanied by a variety of vegetables. You should read up on how to piece together the proteins found in vegetables so that they become the same structure, within your body, as the proteins found in meat.

Is Canada's Food Guide to Healthy Eating accurate? Do you need 5-12 servings of grain, 2-3 meat and alternatives, etc? I'll be eating too much if I eat everything the food guide tells me to.

Canada's Food Guide is a great guide to healthy eating, there is not doubt about that. IF YOU GET ONLY ONE MESSAGE FROM CANADA'S FOOD GUIDE, IT SHOULD BE THE IMPORTANCE OF VARIETY IN YOUR DIET. However, only you know how much food your body needs each day so don't worry about following the Food Guide exactly. Look closely at the Food Guide, you may find that recommended serving sizes really aren't that big.

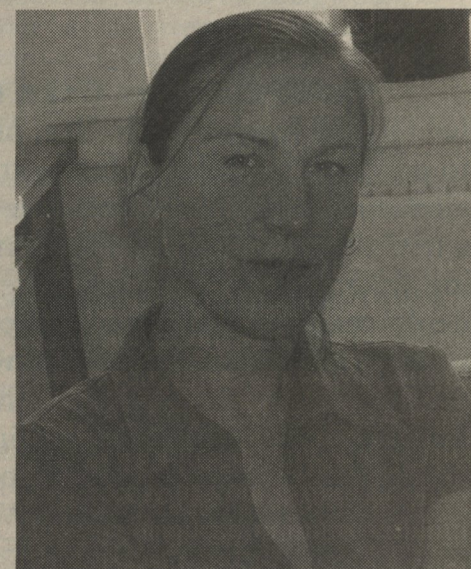
PROF PROFILE

By Jonathan Smith

Name: Esther Wohlgemut
Age: 33
Hometown: Kingston, Ontario
Faculty: English

Hailing from Kingston, Ontario, Dr. Esther Wohlgemut completed her BA at McGill University. She completed both her Masters and PhD at the University of Ottawa. Upon completion of her PhD in 1999, she did a two year post-doctorate study at Oxford University in England. Over the next two years she taught at both Georgetown University in Washington, D.C., and Saint Mary's University in Halifax.

Her research interests include Cosmopolitanism and Nationalism, both in 19th century British literature as well as the actual political framework. She's also interested in Romantic Historiography and 19th century secret societies. When asked about why she decided to become a



Dr. Esther Wohlgemut
Photo by Jonathan Smith

professor, she simply replies that when she was studying as a student, there were questions that she wanted to continue finding the answers to so she decided to go as far as she could. Her ideas and experiences will surely add to the already diverse faculty of the UPEI English Department.

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