



■ **SUPER DAVE FACT:** Run your butt off and then party hard this weekend at the 24th annual Haney to Harrison Relay. [www.bcathletics.org/H2H/](http://www.bcathletics.org/H2H/) Check out the BC Snowmobile Show today through Sunday at Cloverdale Exhibition. [www.snowmobile.ca](http://www.snowmobile.ca).  
SOURCE: Metro Vancouver



■ **HOT SITES:** Check out the following nutrition related sites: [www.soyfoods.com](http://www.soyfoods.com), [www.spud.ca](http://www.spud.ca), [www.fatloss4idiots.com](http://www.fatloss4idiots.com).  
SOURCE: Metro Vancouver

# Eating well is essential

Treat your body right with good food and exercise

By DAVE NORONA  
for Metro Vancouver

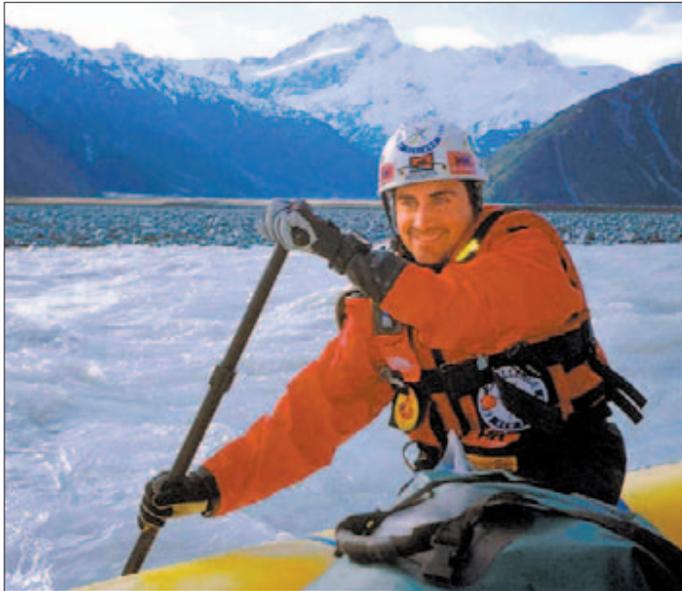
Being a full-time athlete I am often asked what strict diet I follow. I am always perplexed by this question as I learned long ago never to deny myself anything my body craves.

As any active person knows, food is something we are constantly craving. The fact that active people usually eat better is because food is our fuel, and if you use crappy fuel you're going to feel it. This is always hard to explain to the couch potato but hey, "You are what you eat!"

Staying balanced is about everything in moderation and thinking about what food is going to do in your body to help it or hinder it. If you think this way, you will be surprised about how easy it is to make better choices.

Unfortunately, many people believe that fat is evil. Losing weight through denying your body of fat may work at first but will probably lead to bigger problems down the road. If you eat right and exercise, your body will naturally shed everything it does not need. Doing it any other way is unnatural.

Marathon runners are not thin because they diet. They



Dave Norona uses every last bit of his energy to row to the finish line at the 2001 Eco-Challenge in New Zealand. Eating, he says, was the key to completing the arduous event.

PHOTO SUBMITTED

are thin because their bodies have shed every little bit that is unnecessary for them to perform. In fact, fat is one of the most important and often overlooked parts of a good program.

A recent study found fat helped endurance athletes sustain a higher pace over the long haul and boosted their immune system by over 25 per cent.

My specific food plan always starts with organic fruits and vegetables. You

may pay more, but you're worth it! Carbohydrates are important, but try not to overload on them because if you don't burn them, they just seem to stick around. Protein found in meats, lentils and soy help repair your body after those epic workouts. If you incorporate these three into every meal, then you have a well-balanced program.

Does this mean you have to skip that mid-afternoon chocolate bar or desert? Cer-

tainly not! However, by topping up with the good stuff, you will be less likely to over-indulge.

If you owned a brand new Ferrari, you would take it to the best mechanic who would use the best oil, tools and parts during a routine service. Well, your body is worth 100-fold a Ferrari; so don't settle for cheap imitation food. Instead, fuel it up right and it will stay healthy and perform throughout your lifetime!

## Gear Guide



**Description:** PowerBars set a new standard of how we eat in the outdoors. Nothing beats real food but if you're on the road, this complete bar is loaded with vitamins, minerals, carbs, proteins and fats to keep you keeping!

**Price Range:** \$2.25 each

**Where to find it:** 7-Eleven stores everywhere; The Running Room, 1578 West Broadway, Vancouver



**Description:** Living Harvest Hemp Protein contains all 10 essential amino acids, the near perfect ratio of 1:3 Omega 3 and six essential fatty acids, as well as magnesium and natural antioxidants vitamin E, vitamin C and chlorophyll.

**Price range:** \$18.95

**Where to find it:** Garden Health, 1204 Davie St., Vancouver; Hemplicious, 209 Lonsdale Ave., North Vancouver.



**Description:** Pete's organic Tofu2Go is a ready-to-eat product that is convenient to use and offers all the benefits of soy. Dice or crumble into your favourite pasta, rice or salad dish or enjoy this excellent source of calcium and protein on its own.

**Price range:** \$2.79/package

**Where to find it:** Capers Market, 2285 West 4th Ave., Vancouver; Buy Low Foods, 7641 Royal Oak Ave., Burnaby.



**Description:** Häagen-Dazs ice cream prides itself on using the finest ingredients and sometimes you have to indulge. Most low-fat, sugarless deserts contain chemicals that are hard on your system. So, when you deserve it, spare nothing.

**Price range:** \$5.00

**Where to find it:** Safeway, 2315 West 4th Ave., Vancouver; Save-On-Foods, 1250 Marine Dr., North Vancouver.

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