

Resolve your energy crisis



Right move: Tackling your diet can mean you're not running on empty
SHUTTERSTOCK

A LEADING NUTRITIONIST SERVES ENERGY BOOSTS FOR 2019. BY CLAIRE COLEMAN

EACH new year sees a new wellness buzzword but the trend for 2019 is one we can all embrace: having more energy. Who wouldn't want to jump out of bed early in the morning with vigour or get to the end of the day without feeling like the walking dead?

That's where James Collins can help. The performance nutritionist has worked with the British Olympic team, Arsenal football club (ex-boss Arsene Wenger says his work 'transformed performances'), ballet dancers and various business people. His new book, *The Energy Plan*, recommends different diet plans depending on what your energy requirements are that day.

'I start from the basic idea that food is fuel,' says Collins. 'Our body and mind run on this resource, and it is only through fuelling in a targeted and deliberate manner that we can look and feel the way we want, and enjoy the benefits of a bountiful reservoir of energy. It isn't a rigid, unchanging menu that will see you eat the same sort of meals every day.'

To get the best out of it, you need to grasp a bit of basic biology. Your body uses energy in three main ways: to keep you alive even when you're not doing anything; to digest and process food; and to fuel your physical activity, which covers everything from shivering and fidgeting to a gym workout. If you sit around doing nothing, this expenditure could be as low as 100 calories; if you're an endurance athlete it could be as high as 6,000. So check out our box (top right) to find out how different foods help the body, then see Collins' suggestions (right) to find out how to use them in meals...

Fuelling meals

Divided into thirds to provide the body with the energy it needs to exercise, as well as everything it needs for maintenance and protection.

You will need:

- 1 portion (the equivalent of a palmful) of protein.

- 1 portion (1 cupped handful) of carbohydrate.

- 2 handfuls of vegetables OR 1 handful of fruits OR a thumb size of healthy fats to protect your immune system.

Try: Porridge oats with milk of your choice; quinoa porridge with milk of your choice; tomato and basil omelette with rye bread; Mexican beans and avocado

on rye bread; chicken or meat-substitute stir-fry with noodles; sweet jacket potato with tuna; Cajun chicken and avocado with quinoa salad; vegetarian chilli with rice.

Maintenance meals

The maintenance meal, light in carbs and designed to help maintain weight and maximise energy, even when you aren't doing much activity.

You will need:

- 1.5 portions of protein.
- 1.5 portions of 'protection' vegetables/fruits.
- 1 portion of healthy fats.

Try: Greek yoghurt and handful of nuts and seeds; eggs (poached or scrambled), smoked salmon and avocado; Mexican spiced beans and avocado; chicken or tofu skewers with mixed salad; Mediterranean fish parcels with spinach and tomatoes.

The Energy Plan by James Collins (Vermilion) is out today

FARE THEE WELL WHICH FOODS DO WHAT

Proteins are good for energy maintenance. Think chicken, turkey, beef, eggs, salmon, tuna, halibut, king prawns, tofu, tempeh, quinoa, buckwheat, Greek yoghurt, beans (kidney, black, pinto), lentils and chickpeas.

Carbohydrates are a necessary fuel during high activity. Think oats, muesli, rice (basmati or wild), wholewheat pasta, buckwheat, quinoa, lentils, sweet potato, barley, bulgur, freekeh, rye and wholegrain bread.

Protection foods help the immune system. Think vegetables such as broccoli, spinach, beetroot, onion, romaine lettuce, avocado (half), rocket, green beans, chillies, tomatoes, peppers, bok choy, asparagus,



mushrooms, courgettes, carrots and peas; fruits such as blueberries, blackberries, raspberries, apples, pears, kiwi, melon, cherries and pomegranate; and healthy fats such as extra virgin olive oil, canola oil, seeds (eg chia, flax, sunflower), mixed nuts (eg walnut, almond, macadamia, pistachio) avocado (half) and oily fish.

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