

# high energy eating

Words Peggy Hall.

Power up with a pre-surf meal that will fuel your stoke for a great session!



Okay, I'll admit it: in the old days, I didn't care what I was eating, as long as I didn't gain weight! But when I started to make the connection between what I ate and how I felt, I began an intense study of nutrition which ultimately led me to becoming certified as a nutritionist and weight and lifestyle management coach – which turned out to be a perfect complement to my yoga training.

These days, I still eat what I like – but what I like is usually what makes me feel energised, healthy and satisfied! The bottom line when it comes to choosing food that nourishes and sustains you is to figure out how that food personally affects you.

For example, I learned that – as much as I love it – wholewheat toast gives me indigestion. These days, I enjoy rice bread instead, and my digestive system – and my taste buds – are happy.

When it comes to a pre-surf meal, you want to make sure that you've got something that's easily digestible and gives you sustained energy. This will take a little trial and error on your part. I learned (very quickly!) that surfing after eating Mexican food is not a good idea. Ditto for doughnuts. Think about it: you want something that will give you high quality nourishment so you can surf with sustained energy.

One of my all-time favourite pre-surf meals is easy to prepare and chock-full of vitamins, minerals and fibre. It also has a perfect ratio of lean protein and healthy carbs, all delivered in about 300 calories.

## Peg's Power Green Smoothie

- 2 scoops rice protein powder (that's my personal preference – it's free of artificial ingredients and sweeteners) or 1 cup plain, low-fat yoghurt
- 1 cup fruit (try frozen berries for a thicker smoothie) or 2 pieces of fruit like a banana and an apple
- 2-3 leaves of romaine lettuce (for fibre, minerals and vitamins)
- 1 stalk celery or 1/2 cucumber (good for your blood pressure)
- 1 cup water (or less if using yoghurt)
- 2 or 3 ice cubes if desired

Blend it all up enjoy! This usually tides me over for a good two-hour surf session. I like to take it with me in a stainless steel insulated flask and sip on some after I surf as well.

Some surfers (like two-time world champion Tom Carroll) prefer not eating at all before dawn patrol. This is actually a fine choice, if you're someone who can just get up and go without eating. But, please keep in mind that this approach requires that you be very well-nourished on a regular basis. If you just had pizza and beer the night before and then get up to surf the next morning, you won't have any high-octane fuel in your tank. Instead, enjoy a satisfying meal like roasted chicken, baked potatoes and vegetables.

So fill up on natural, wholesome healthy food that you enjoy and make the connection between what you eat and how you feel. In time, you'll begin to intuitively select those foods that truly nourish you mind, body and spirit!

Avid surfer Peggy Hall is a certified yoga instructor, surf nutrition specialist and creator of the best-selling series Yoga for Surfers, which has helped thousands of surfers worldwide surf better – and live better! Learn more about her book High Energy Eating: Nutrition for Surfers and get free surf stretches at [www.YogaforSurfers.com](http://www.YogaforSurfers.com).



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