



Competitive Edge
PHYSIOTHERAPY & SPORTS CONDITIONING

NOVEMBER
2020

ANTIOXIDANT VITAMINS

WHAT ARE THEY?

Antioxidants protect cells from damage like age, supports a healthy immune system and can lower your risk of common diseases like heart disease or diabetes. They can also help reduce muscle damage and speed up recovery after playing sports. **Vitamin A, vitamin C and vitamin E** are antioxidant vitamins.

WHERE CAN YOU FIND THEM?

A well-balanced diet can provide you with antioxidant vitamins:

- **Vitamin A:** liver, milk, eggs, salmon, dark green and orange fruits and vegetables
- **Vitamin C:** vegetables and fruits like oranges, strawberries, bell peppers, tomatoes, broccoli
- **Vitamin E:** nuts, seeds, avocado, vegetable oils, wheat germ, fish and some dark leafy greens

- Add tomato sauce on whole wheat pasta or brown rice
- Oven roast or bake carrots, sweet potato and squash
- Make a tossed salad with kale, spinach and other dark leafy vegetables
- Make stir-fry dishes with broccoli, spinach, Brussels sprouts, potatoes, bell peppers
- Add berries to yogurt or smoothies
- Try tropical fruits like papaya, kiwi, guava, mango
- Add almonds and sunflower seeds to salads
- Add avocado to salads, sandwiches, wraps, smoothies
- Choose fish twice a week: Mackerel, herring, salmon, halibut, tuna

DO I NEED A SUPPLEMENT?

No. You can get all the antioxidants your body requires from eating a variety of foods. Some antioxidant supplements may have higher amounts than what you need and this could be unsafe.



TURKEY SWEET POTATO SHEPHERD'S PIE

PREP TIME

Prep 10 m | Cook 1 hr 5 m | Total Time 1 hr 15 m

Makes 8 servings

INGREDIENTS

For the Potatoes:

- 1.5 lbs sweet potatoes (peeled, diced)
- 1/2 cup 2% milk
- 1/4 cup low sodium chicken broth
- 2 tbsp low fat sour cream

For the filling:

- 1 lb lean ground turkey
- 1 tsp olive oil
- 1 medium onion (diced)
- 2 gloves garlic
- 2 cups frozen mixed vegetables (carrots, corn, beans)
- 1 cup low sodium chicken broth
- 2 tsp tomato paste
- 1 tsp Worcestershire sauce
- 1 can lentils, rinsed and well drained
- 1 tsp paprika
- 1 tsp ground cayenne pepper, optional
- 1/2 cup grated Tex Mex cheese

PROCEDURE

- 1 Boil sweet potatoes in a pot of water until cooked and soft. Drain and mash with milk, chicken broth, and sour cream. Set aside.
- 2 Preheat oven to 400 °F (200 °C).
- 3 In a large pan, add olive oil and saute onions and garlic for one minute. Add turkey and cook until brown.
- 4 Add frozen vegetables, chicken broth, tomato paste, Worcestershire sauce, lentils, paprika and cayenne pepper to cooked turkey, mix well.
- 5 In an oven safe tray, spread meat mixture on bottom. Top with mashed sweet potato. Sprinkle with cheese.
- 6 Bake for 20 minutes or until potatoes and cheese turn golden. Remove from oven and let cool 10 minutes before serving.

NUTRITION INFORMATION

Per 1 serving

Calories 307

Fat 8.1 g

Saturated 3.1 g

Cholesterol 53.8 mg

Sodium 215.1 mg

Carbohydrates 39.2 g

Fiber 7.9 g

Sugars 7.9 g

Protein 20.5 g

Vitamin A 614.7% **Calcium** 43%

Vitamin C 5.6% **Iron** 16.7%

TIPS

This recipe is high in vitamin A which contributes to eyes, skin, immune system health and muscle recovery. It is high in protein and fibre which makes an excellent post workout meal. Try varying spices to your liking for extra flavour boosts.