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## Saskatchewan Lentils: Athletes New Superfood

Move over pasta; there is a new pre-game meal in town. Saskatchewan grown lentils are taking centre stage as the pre-game meal choice of today's athletes.

A natural source of protein and complex carbohydrates, Saskatchewan lentils provide slow release energy to the muscles, increasing stamina and also helping to build and maintain muscle. Using Saskatchewan grown lentils, Kinesiology Professor at the University of Saskatchewan (U of S) Phil Chilibeck has been studying the relationship between athletes and lentils, taking a specific look at lentils and soccer.

"By using soccer as the focus sport we were able to study the effect of lentils on athletes that display a range of speeds, from walking to jogging to quick sprints," Chilibeck says when describing the study undertaken at the U of S. The research team involved with the study focused on how once consumed, lentils were being absorbed by athletes' bodies, testing both muscle biopsy and oxygen and carbon dioxide levels.

The research findings suggests that eating lentils two hours before game time gave athletes optimal performance. "When consumed prior to a competition, lentils have shown to give athletes a consistent, supply of energy versus other pre-game meals which lead to high sugar rush and then an inevitable crash," Chilibeck explains.

Lentils are a prominent crop in Saskatchewan with 99 per cent of Canada's lentil supply coming from Saskatchewan.

For more information and ideas on how to include Saskatchewan lentils in your pre-game or pre-workout meal plan please visit [www.saskpulse.com](http://www.saskpulse.com).

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