



News



Peter Turkstra sets up his tent on the Arctic ice



At Longyearbyen City Center with statue of Longyear



Checking out their tents and gear



Walking into town (Longyearbyen)

North Pole diet: Eat more and lose weight

By Marissa Nelson
The Hamilton Spectator
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It's one of the most effective diets out there -- eat 5,000 calories and still lose a pound a day.

That's exactly what seven adventurers, who expect to reach the North Pole today, were planning during their 100-kilometre trek across the far north.

During their trip across pack ice from Russia's Ice Station Borneo to the geographic North Pole, the seven men will burn about 8,000 calories a day -- about four times the norm for a woman's daily intake.

Even eating 5,000 calories a day will be tough, and definitely mean they're eating when they aren't hungry, said Stuart Phillips, an assistant professor in kinesiology at McMaster University.

"You have to force yourself to eat that much," Phillips said.

The suggested diet for these men is the opposite of what would be recommended for



Hamilton Spectator File Photo

From left, Steve Stipsits of Burlington, Fred Losani of Hamilton, Paul Hubner of Stoney Creek and Peter Turkstra of Hamilton are four of five area men on a 100-kilometre journey to the North Pole. Also on the trip are Scott Shawyer of Burlington and American Kirk Wilkes.



Trail Mix



Links

>> [What's Happening](#)

>> [Story Index](#)

Multimedia Studio

>> [Pole Track Video](#)

>> [April 9 audio](#)

>> [April 10 audio](#)

>> [April 11 audio](#)

>> [April 12 audio \(1\)](#)

>> [April 12 audio \(2\)](#)

>> [April 13 audio](#)

>> [April 14 audio](#)

>> [April 15 audio](#)

>> [April 16 audio](#)

>> [April 17 audio](#)

most normal people who either want to stay or get healthy, he said.



GU energy gel, above, and trail mix increase trekkers' calories.

For these men, a high-fat diet is good. Phillips said the team will be eating the most calorie-rich food they can get. That means fat-laden foods are the best choice, because every gram of fat produces nine calories. That's more than double the caloric output for carbohydrates.

Some northern explorers have resorted to eating butter and drinking olive oil to get calories.

"You don't have a lot of choice," Phillips said.

Even if the high-fat diet turns southerners off, Phillips figures these seven men would "chow down the food" because they're so hungry.

The extraordinarily high expenditure of calories is due to the length of each day, the skiing they have to do, and the resistance caused by the 100-pound sledges they pull behind them.

The men were planning to eat predominantly dried food, using melted snow as water to mix in with it.

Peter Lemon, a kinesiology professor at the University of Western Ontario, said eating fats is particularly important for modest-intensity sports, like cross-country skiing.

One of the biggest battles for the men will be staying hydrated, Lemon said. Even though it's cold, they'll be sweating and any drop in hydration will impair their physical ability to get to the pole.

Len Piche, a professor of nutrition at Brescia University College at the University of Western Ontario, said pace is also key because if they push too hard their bodies will start to burn muscle instead of stored body fat.

"If the body starts to use its own muscle for energy, they'll lose steam -- and remember the heart is a muscle," he said.

He too said a high-fat diet is best in such conditions.

The trek includes five area men: Paul Hubner, 45, Stoney Creek; Fred Losani, 41, and Peter Turkstra, 42, of Hamilton; and Steve Stipsits, 43, and Scott Shawyer, 35, of Burlington. American Kirk Wilkes is also on the trip.

The team is raising close to \$500,000 to fight child poverty in Hamilton. Most of the money will go to nutrition and music programs in central Hamilton schools and the rest for food banks, shelters and other poverty-related programs.

The Spectator's Newspaper In Education has developed a curriculum for grades 4 to 8 that will follow the team. Students have been in touch with the team through thespec.com.

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CALORIES IN COMMON FOODS

Tomato soup: 1 cup 250g, 100 calories

Broccoli: 1 spear about 5 inches long 31g, 11 calories

Red pepper: 1 cup chopped raw, 40 calories

Banana: 1 medium about 100 calories

Orange large: 350g, 100 calories

Peanut butter and jam sandwich: 403 calories

Ham sandwich: 288 calories

Two slices of Wonder Bread (or equivalent): 140 calories

Big Mac (Without Cheese): 576 calories; (With Cheese) 704 calories

Cheerios: 1 cup 30g, 111 calories

Pound of butter: 1 cup butter 227g, 1,628 calories

Bag of chips: 152 for one ounce (28.3 grams)

Chicken breast, meat only, roasted: 140 grams, 221 calories

Salmon steak 1/2 fillet: 154g, 356 calories

Tuna 1 can: 165g, 191 calories

Litre of coke: 8 oz, 97 calories 1 litre = 35.2 ounces

Litre of diet coke: 1 can 12 oz., 1 calorie

Coffee: 10 oz, 80 calories (single sugar, single cream); Coffee (Filter): 1 cup 8 oz, 9 calories

Tea 1 cup: 8 oz, 2 calories

Different kinds of cheese: American cheese 1 oz, 105 calories; Cheddar cheese 1 oz, 113 calories.

NORMAL DAILY ACTIVITY IN COMPARISON TO THE POLAR TEAM

For a 35-year-old woman, who is 5-foot-5 and weighs 150 pounds:

- * 20 minutes of gardening burns 100 calories.
- * 30 minutes of cycling, at 10 miles per hour, burns 120 calories.
- * 30 minutes of walking slowly burns 75 calories.
- * 30 minutes of a brisk walk burns 130 calories.

For a 45-year-old man, who is 5-foot-11 and weighs 190 pounds:

- * 30 minutes of walking slowly burns 90 calories.
- * 30 minutes of walking briskly burns 160 calories.
- * 30 minutes of moderate cycling would burn 300 calories.
- * a 10-minute shift of hockey would burn 98.5 calories.

By Len Piche, Professor of Nutrition at Brescia University College, at the University of Western Ontario. Piche Is Also a Registered Dietitian



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