

INNOVATION IN
**NUTRITION
EDUCATION**



SPORT NUTRITION IN ACTION

Tired or hungry before
you start your workout?
Find out if you are eating
for peak performance.

STEP 1: KEEP TRACK

THINK of one recent day when you did moderate to vigorous physical activity for more than an hour at a time (e.g. sport practice, gym workout, dance practice, game, training session, tournament).

COMPLETE the table below. Note the example in blue.

INCLUDE the time and length of your physical activity that was *more than 1 hour*.

	WHEN did I eat and exercise?		WHERE was I?	WHAT did I eat?
	Time	Meals, snacks, activity		
E X A M P L E	7:00 am	Breakfast	Home	Cornflakes with milk, Orange juice
	11:30 am	Lunch	School	Tuna sandwich, Pear, Water, Granola bar
	4:30-6:30 pm	Soccer practice (2 hours)	Soccer field	Water
	7:00 pm	Supper	Home	Pasta with meat sauce, Salad, Milk
M Y D A Y				

DID YOU KNOW?

FOR PEAK PERFORMANCE it helps to eat or drink at least every four hours throughout the day.

RECOVERY NUTRITION within the hour after activity is important after long, intense activity such as marathon running, or when recovery time is short, like during sports tournaments or when training twice a day.

WHAT ABOUT...




FUEL DURING ACTIVITY? For most physical activity, water is enough. In some cases, more fuel during physical activity is beneficial. To find out what you need, talk to your dietitian or coach.

STEP 2: ARE YOU ON TRACK?

FIND out if you properly **FUEL** before and **REFUEL** after your physical activity:

- **CARBS** are the main fuel for intense exercise
- **PROTEIN** helps build and repair muscles
- **FLUID** keeps you hydrated and mentally focused

REVIEW STEP 1 and **FOOD & DRINKS TO FUEL & REFUEL** (CHART 1) to fill out the table below. If you have more than one activity period greater than an hour, focus on one.

	DID I FUEL & REFUEL WITH...			
	CARBS?	PROTEIN?	FLUID?	
E X A M P L E	 within 3 hours BEFORE ACTIVITY	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
		 within 1 hour AFTER ACTIVITY	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO Pasta, Milk	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO Meat sauce, Milk
M Y D A Y	 within 3 hours BEFORE ACTIVITY	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
		 within 1 hour AFTER ACTIVITY	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO

ARE YOU ON TRACK?

- YES** If you answered YES to all of the questions above, CONGRATULATIONS! Check IDEAS FOR ACTION to keep up the good work.
- NO** If you answered NO to any of the above questions, you're not alone! Move on to STEP 3 to make a plan.

STEP 3: PLAN, PREPARE, EXECUTE

REVIEW your answers in STEP 2. Do you need to make a plan to:

- FUEL BEFORE ACTIVITY or
- REFUEL AFTER ACTIVITY?

COMPLETE the table below. Refer to FOOD & DRINKS TO FUEL & REFUEL (CHART 1) and IDEAS FOR ACTION to make your plan. Be sure you include carbs, protein, and fluid.

WHEN will I eat/drink before or after activity?	WHERE will I be?	WHAT will I eat/drink?	DOES MY PLAN INCLUDE...			HOW will I get my food/drink?
			CARBS?	PROTEIN?	FLUID?	
30 minutes before practice	At the soccer field	Trail mix with the water bottle I already packed	Yes — dried fruit in the trail mix	Yes — nuts and seeds in the trail mix	Yes — the water	Pack trail mix in a plastic bag at home in the morning

Everyone is different, so practice your plan to figure out what works best for you. **REMEMBER:** Practice your plan during training, not competition.

STEP 4: IS YOUR PLAN ON TRACK?

CHECK your plan:

- Do you like your choices?
- Are the foods easily available?
- Can you eat when you need to?

If there are problems with your plan, go back to FOOD & DRINKS TO FUEL & REFUEL (CHART 1) and IDEAS FOR ACTION to modify it.

CONGRATULATIONS! You have learned a process to make sure you FUEL & REFUEL for your activity.

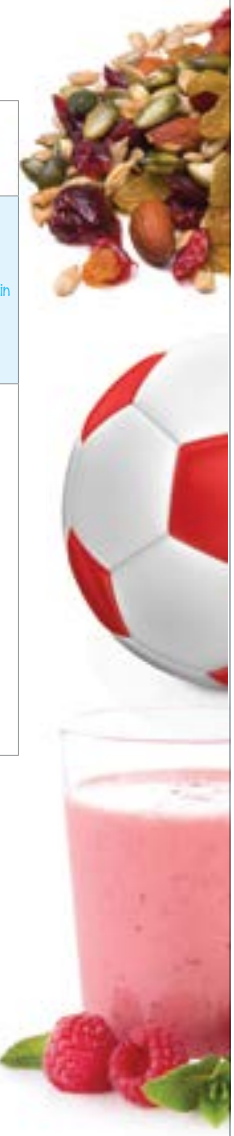
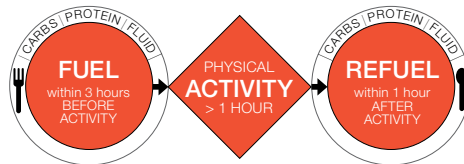


CHART 1

FOOD & DRINKS TO FUEL & REFUEL

These foods provide **CARBOHYDRATE (CARBS)**, **PROTEIN** and/or **FLUID**.

FOOD AND DRINKS	CARBS	PROTEIN	FLUID
VEGETABLES & FRUIT			
Any fruit (e.g. Apple, Orange, Grapes), Dried/canned fruit, Applesauce, Fruit bar	✓		
Starchy vegetables (e.g. Peas, Corn, Potatoes, Yams, Sweet potatoes)	✓		
100% Fruit juice, Fruit smoothie	✓		✓
GRAIN PRODUCTS			
Bread, Bagel, Crackers, Toast, Crispbreads, Pita, Roti, Tortilla	✓		
Cereal, Muffin, Granola bar, Cereal bar, Grains (e.g. Pasta, Quinoa, Rice, Oats)	✓		
PROTEIN FOODS			
Milk, Chocolate milk, Fortified soy beverage, Kefir, Yogurt drink	✓	✓	✓
Yogurt, Milk pudding	✓	✓	
Cheese (e.g. Cheddar, Swiss), Cottage cheese		✓	
Peanuts/nuts, Soy nuts, Peanut/nut butter, Seeds (e.g. Sunflower/Pumpkin seeds)		✓	
Lentils/beans (e.g. Hummus), Edamame	✓	✓	
Meat (e.g. Roast beef, Ham, Chicken), Fish, Eggs, Tofu, Tempeh		✓	
MIXED FOODS			
Cereal with milk	✓	✓	✓
Smoothie made with fruit/vegetable & milk/yogurt/soy beverage	✓	✓	✓
Smoothie made with fruit/vegetable & almond/rice/coconut/hemp beverage	✓		✓
Sushi roll (rice, fish, vegetables)	✓	✓	
Trail mix (nuts, peanuts, dried fruit, cereal)	✓	✓	
Sandwich/wrap/tortilla with: Cheese, Egg, Deli meat, Canned tuna/salmon, Chicken, or Peanut/nut butter	✓	✓	
Pasta with meat sauce or meatballs	✓	✓	
OTHER			
Water			✓
Coffee, Tea			✓



WHAT ABOUT...

SNACK BARS? For cereal bars, fruit bars, sport bars, meal replacement bars, protein bars, and other options not listed above, check what's listed first on the ingredients list. If the first ingredient is a food listed above, use it to determine if the bar has carbs or protein.

IDEAS FOR ACTION

CHECK the ideas you like. Note that a larger meal usually takes more time to digest, while a beverage may feel better if you're tight for time.

- Fill some plastic bags or containers with:
 - ready-to-eat cereal (e.g. Cheerios™, Shreddies™)
 - raisins, dried apricots, or other dried fruit
 - nuts (e.g. almonds, walnuts), peanuts, seeds (e.g. sunflower seeds)
 - trail mix—combine all of the above in a bag or container
 - bagels, buns, muffins
 - crackers or crispbreads
- Bring ice cold milk in a thermos or buy some from the cafeteria, concession or vending machine. Add this to your ready-to-eat cereal. Remember to pack a spoon!
- Add in fresh fruit—apples, pears, oranges, melons (cut them up ahead of time), grapes, bananas (be careful—they bruise easily!) or any other favourite.
- Pack a full water bottle. Bring a small thermos of chocolate milk, 100% fruit juice, or a homemade smoothie.
- Prepackaged foods:
 - dried fruit, trail mix, nuts
 - granola bars
 - crackers and hummus
 - single serve regular or Greek yogurt
 - hard boiled eggs
 - single serve cottage cheese
 - mini canned tuna with a flip top and crackers
 - instant oatmeal
 - 100% fruit juice in tetrapaks
- Keep a spoon handy for eating yogurt, canned fruit or milk puddings.
- Pack a sandwich or two. Peanut butter, almond butter, jam, hummus, or salami can be left at room temperature for up to 6 hours. Other fillings such as cheese, egg, tuna, and roast beef need to be kept cold. Use ice packs.
- Pack cheese and crackers.
- Bring your own plastic jar of peanut butter, a spoon and some bread or crackers. Make your snack on the field.
- Grab a deli salad or yogurt parfait from a quick serve restaurant or a grocery store on your way to or from practice.
- Throw leftovers from dinner in a reusable container along with a spoon or fork. Don't forget your ice pack!

If you have nutrition questions, call HealthLink BC at 8-1-1 and ask to speak to a dietitian.



For more information,
call a nutrition educator at:
604-294-3775 or
1-800-242-6455
nutritioneducationbc.ca
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