**Sport Nutrition – The Basics**

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# Pre-Training/Competition

* Always eat before a training/competition, even when it’s first thing in the morning
* What you eat should help you stay hydrated, and make you feel ready to train/compete
* Eat foods that you like and that you have all the time, trying a new food before competition is not the best choice!
* Eat a meal 2-4 hours before
	+ This meal should be:
		- High in carbohydrates (most of the meal)
		- Low in fibre and fat to prevent stomach upset and help with digestion
	+ Have 2 cups of fluid (water, milk, sports drink, etc) with this meal
* 1 hour before the training/competition have a light snack (granola bar, fruit, etc)



**During the Training/Competition**

* Stay hydrated
* Grab water and sports drinks
* Don’t wait until you are thirsty to drink
* Aim for 1 big gulp every 15-20mins, or as often as you can…and don’t spit it out!
* Take in fuel (carbs) as needed



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# Post- Training/Competition

* Your body needs to re-fuel to be able to recover for your next training/competition
* Drink a lot of water/sports drinks
* Eat a snack 15-30 minutes after training/competition (fruit, chocolate milk, bagel, sandwich, Gatorade, granola bar, cereal, etc)
* Eat a ratio of carbs to protein of 4:1 (four times more carbohydrates than protein)
* Have a well-balanced meal within 2 hours following training/competition - remember to include all four food groups



**Training/Competition Meal Ideas**

**Pre-Training/Event**

Meal Ideas

* Bagel with jam/honey, nut butter, fruit cup & yogurt
* Oatmeal/cereal, milk, dried fruit, juice
* Pancakes, small amount syrup, berries, milk/yogurt
* Grilled chicken sub, carrot sticks & dip, chocolate milk
* Pasta with lean meat/tomato sauce, salad, fruit salad, milk
* Lentil soup, roll, salad, soy/almond beverage

Snack Ideas

* Flavoured milk and banana
* Oatmeal cookies and milk
* Yogurt, fruit and granola
* Peanut butter and fruit wrap and milk
* Dry cereal, dried fruit and nuts/seeds (trail mix) & juice
* Sport Bar (1/2 – 1 bar) or Liquid Meal (Boost/Carnation/Ensure etc.)

Fluid Tip

* Aim for 2 cups of fluid 2-3 hours prior. Avoid pop.

**During Training/Competition**

Snack Ideas

**Sport Bars**

**Whole Food Bars:**  *Whole food bars, made from real food! Use for midday snack or during training/competition.*

* Larabar
* Elev8Me!
* Simply Bar
* Rebar Energy
* Nature’s Path
* Source Salba

**Moderate Protein Bars:**  *Can be used during training/competition.*

* Zone Perfect
* Genuine Protein + Express

* Banana
* Orange slices
* Apple wedges
* Fruit leathers
* Cereal bars
* Sports bars (see box)

Fluid Tip

* Aim for 2 gulps of fluid every 15-20 minutes
* Water
* Sports Drink

**Recovery Snack following Training/Competition**

Snack Ideas

**Sport Bars**

**High Carb:** *Use for a quick recovery between events.*

* Clif Bar
* PowerBar Sport
* PowerBar Harvest
* Homemade oatmeal cookies and chocolate milk
* Berries and yogurt with granola
* Low fat muffin and milk
* Cereal and dried fruit mix and boxed juice
* ½ banana and chocolate milk
* Tortilla with Nutella and banana
* Sports bars (see box)

Fluid Tip

* Hydrate to help with recovery – water, flavoured milk, sport drink, juice etc.

**Between Training/Competition (days with two or more back-to-back events)**

Short Breaks (< 2hr)

Longer Breaks (2-3 hr)

* lean meat sandwich
* juice & bagel/muffin
* yogurt, fruit, cereal

Small Meal (3 hr)

* vegetable soup, lean meat sandwich, milk, & fruit
* Rice, chicken, steamed veggies, yogurt, & juice
* Sports Bar
* Honey/jam sandwich
* Fruit – fresh/canned/pureed
* ****Plain or chocolate milk
* Fruit yogurt or Liquid yogurt drink
* Cereal bar & juice box
* Cereal/dried fruit mix
* Sport drink or diluted fruit juice

Fluid Tip

* Aim for 2 gulps of fluid every 15-20 minutes
* Avoid pop

**Post-Event (following last event of the day)**

Meal Ideas

* Lean meat sandwich/sub, veggies, milk, oatmeal raisin cookie, fruit
* Egg, cheese, and ham English muffin, juice
* Soup and sandwich
* Thick crust pizza with lean meat, veggie topping, milk, fruit
* Hot/cold cereal, milk, banana, juice

Snack Ideas

* Cereal or fruit bar, milk/yogurt
* Bagel, nut butter, fruit spread, milk/juice
* Yogurt, fruit and cereal
* Sport bar, chocolate milk

 Fluid Tip

* Hydrate to help with recovery – water, flavoured milk, juice etc.

**Athlete’s Food Record**

When you eat a serving of food from a food group, check the box under the meal you ate it at.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Meal/****Snack** **#1** | **Meal/****Snack** **#2** | **Meal/****Snack** **#3** | **Meal/****Snack** **#4** | **Meal/****Snack** **#5** | **Meal/****Snack** **#6** |
| SuperFoods8-14+ |  |  |  |  |  |  |
| Energizers8-14+ |  |  |  |  |  |  |
| Bone Builders 3-4 |  |  |  |  |  |  |
| MuscleRepair2-3 |  |  |  |  |  |  |
| Fluids |  |  |  |  |  |  |

\* All meals and snacks count, even recovery snacks

\* Bring fluids and snacks to all events