Fuel for Fun - Healthy Snacks for Active Kids!

Good nutrition is important for everyone, especially young athletes. Offering snacks as a part of sport participation can help:

- Top-up the fuel needed by muscles – before sports and after;
- Reduce hunger;
- Celebrate a game;
- Model food choices that complement healthy exercise and good sportsmanship.

Fuel for Energy

Young athletes should be arriving at the practice or game with enough stored energy to serve them through its duration. Most of this energy comes from nutritious meals and snacks eaten well ahead of time.

Snacks at Breaks

Most children in community sports will not require a snack at half-time. Most will need fluids at this point – water, juices or sport drinks are all useful for rehydration.

Celebration and Recovery

The end of a game or practice is another important time for fluids: water, juices, chocolate milk, soup or sport drinks are great options. Cookies and doughnuts, while sometimes brought to celebrate a game, are poor choices for sport recovery. They also reduce the young athlete's appetite for a healthy meal that should follow sport play. Half-time, and celebration or recovery snack policies should be discussed by coaches and parents at the beginning of the season.

Smart Choices

The best foods for sport snacks will help the young athlete replenish energy, fluids and other nutrients that exercise has depleted. These snacks will also offer essential nutrients that children need to stay healthy, play hard and grow well.

Time of Game or Practice	The Energy Comes From
Early morning	Dinner the previous evening and pre-bedtime snack; small breakfast
Late morning	Early breakfast; mid-morning snack
Afternoon	Lunch
Evening	Lunch; afternoon snack

"Cookies and doughnuts... are poor choices for sport recovery."

Continued...

Sport Nutrition for Athletes and Coaches

Snack Quality Chart

EXCELLENT ✓ MODEST ⊖ POOR ⊘

Snack	Sport Support	Overall Nutrition	Dental Health	Healthy Environment
Oranges, watermelon, etc.	✓	✓	⊖	✓
Raisins, dried fruit	✓	✓	⊘	✓
Chocolate milk	✓	✓	⊖	⊖
Fruit juice (tetra packs or cans)	✓	⊖	⊖	⊘
Commercial sport drink	✓	⊘	⊘	⊘
Trail mix	✓	✓	⊖	⊖
Peanuts, sunflower seeds, etc., in shell	⊖	✓	✓	✓
Cheese strings	⊖	✓	✓	⊖
Popsicles	⊖	⊘	⊖	✓
Slushies	⊖	⊘	⊘	⊘
Fig/Fruit Newtons	✓	⊖	⊘	⊖
Sport bars	✓	⊖	⊘	⊖
Sport gels	⊖	⊘	⊘	⊘
Granola bars	⊖	⊖	⊘	⊖
Home-made whole grain/nut muffins	⊖	✓	⊖	✓
Store-bought muffins/scones	⊘	⊘	⊖	⊖
Cream-filled cookies	⊘	⊘	⊘	⊖
Doughnuts	⊘	⊘	⊘	⊖

coach.ca

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | May 2011

Nutrition Tips for Parents ...

"Parents Need to Eat to Compete too!"

The Sport Nutrition program has been developed to help keep athletes as healthy as possible and to provide advice to benefit optimal performance, but what about those who support them? As a parent supporting a young athlete, you have an important job too -- making healthy food choices while acting as a positive role model for your rising star! From your everyday meals to meals eaten while travelling to tournaments, meets and games, it's important to consider not only what your child will eat but what **you** will eat. Here are some tips to help guide your choices.

Timing & Balance

Aim to eat something every 3-4 hours, even when you're on the sidelines. This will help manage your appetite, prevent low blood sugar and decrease cravings for junk food. Each time you eat, aim for a vegetable or fruit or whole-grain combined with some protein, and be sure to drink plenty of water. To help avoid "boredom eating", keep your snacks in a bag, cooler or locker, out of sight.

Packing a Cooler

You probably already do this for your athlete but what about you? Whenever possible, packing healthy meals and snacks will help you stay well nourished. Too often sporting venues do not offer healthy choices and therefore you can get stuck eating fried or processed foods. Here are some excellent portable options:

- Sandwiches, pitas or wraps with lean meats or fish;
- Salads with grilled meats or fish;
- Yogurt or cottage cheese with fruit;
- Fresh cut vegetables and fruit for snacking;
- Leftover soup, hot food or stews in a thermos;
- Cold, grain-based salads with veggies and beans for protein;
- Hummus with vegetables or whole-grain crackers or pita.

AIM TO EAT SOMETHING EVERY 3-4 HOURS.

Healthy Non-Perishable Snacks

Sometimes having access to a fridge or a cooler for the entire time away is difficult. Here are some non-perishable options you can bring:

- Dry-roasted, unsalted nuts and seeds (remember that ¼ cup is one serving);
- Dry cereal (look for those with 4g fibre or more, and less than 8g sugar per serving);
- Air-popped popcorn (season with salt-free herb & spice blends);
- Dried fruit bars;
- Granola bars (look for those with more fibre and protein to keep you full);
- Sandwiches, pitas, or wraps with nut butter and dried fruits;
- Mini cans of tuna and salmon or fish-based salads.

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Continued...

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | May 2011

Nutrition Tips for Parents ....

"Parents Need to Eat to Compete too!"

Road Side Stops

Often it's inevitable that you'll need to make a stop for some extra food or eat meals out at restaurants. Here are some healthy options:

- Grilled chicken on a bun with or without a simple side salad;
- Single patty burger without bacon/cheese;
- Skip fries, order a salad or a baked potato with salsa;
- Meal-sized salads (order dressings on the side and limit fried meats);
- Always ask for whole-wheat breads, buns, wraps, etc.;
- Turkey, chicken, and ham are the leanest deli meats;
- Choose mustard over mayo and other dressings;
- Broth-based soups and chili;
- Whole-grain bagel or English muffin with sliced cheese and tomato or peanut butter;
- Oatmeal with nuts and dried fruits;
- Fruit & yogurt cups;
- Grilled fish, chicken or lean cuts of beef served with stir-fried or steamed vegetables.

If you are dining in at a sit down restaurant with table service, be wary of the portions that may be served. Even if the meal is generally healthy, it can often be double the size that you require.

Healthy Hydration

Staying well hydrated can help you feel more alert and have more energy. Drink enough fluids to produce pale-lemonade coloured urine. Focus on water, low-fat milk, teas or diluted 100% fruit juices and limit the following high-calorie or high fat* beverages:

- Pop and sweet drinks;
- Specialty coffee drinks (hot or cold)*;
- Milkshakes*;
- Fruit juices.

Coffee is a popular choice for parents on the sidelines. Stick to a maximum of 3-4 6oz cups of caffeinated coffee each day (Health Canada recommends no more than 400mg of caffeine per day). Remember that coffee can add calories and fat quickly when prepared with cream and sugar. To avoid this challenge, go for less sugar and low-fat milk instead. Herbal, decaffeinated, or regular teas can be a great alternative, especially at cold arenas.

Other Healthy Habits

- Bring your shoes and head out for a walk, jog or workout if the facility your athlete is competing at offers this. This also can help relieve some of the stress/pressure!;
- Make it social by inviting other parents to do the same;
- When staying overnight, if possible, consider doing group meals where parents get together and prepare meals using crock pots or simple cooking equipment;
- Research ahead and find restaurants that offer healthy choices and may even accommodate your requests.

It is important that you look after yourself during sporting events and training, but also that you model good nutrition for your young athlete. Remember: "you are what you eat" and one should: "eat to compete"!

"IT'S IMPORTANT TO CONSIDER NOT ONLY WHAT YOUR CHILD WILL EAT BUT WHAT YOU WILL EAT."

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | June 2011

Meal Preparation:
Planning Pre-Exercise Meals from "At Home" to "On the Go"

Eating out is not the only option when an active schedule has you on the go. A little preparation can go a long way. Planning meals, whether for at home or on the go helps ensure an athlete (at any level) receives the proper nutrition, which is a factor in athletic performance both on and off the field.

Meal preparation isn't just about what you eat, but also WHEN you eat. Enjoying your favourite pre-sport meal can boost your confidence and your performance — when you choose wisely!

Now that you know WHEN to eat, below you will find meal ideas that will not only help you plan WHAT to eat, but will also provide adequate energy and nutrition. This easy to follow chart will help you plan your pre-exercise nutrition by providing food suggestions based on the time you have available before exercise.

Not sure how long you should leave between a meal and engaging in physical activity?

Follow these simple guidelines:

4 Hours

For a large meal to digest.

3 Hours

For a smaller meal.

2 Hours

For a small snack or blender/liquid meal or, whatever your own tolerance indicates.

1 Hour

THINGS TO KEEP IN MIND

Meals should:

- be high carbohydrate, moderate protein, and low fat
- be easy to digest;
- include foods and fluids that are familiar, tolerable and enjoyable

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Continued...

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | June 2011

Meal Preparation:

Planning Pre-Exercise Meals from "At Home" to "On the Go"

Timing of Meal/Snack Before Exercise	Food Guidelines	Food Examples with Nutritional Information
3 to 4 hours Regular Meal	Limit fried foods, Decrease fat 500-800 kcals 60-70% CHO 5-8 CHO choices 1-2 protein choices	Cold pasta salad (2 cups pasta shells, ½ cup broccoli (steamed), ½ cup cherry tomatoes, 2 tbsp parmesan cheese, 1 tbsp olive oil) 599 kcals/91g CHO | 61% CHO | 6 CHO choices | 1 protein choice 2 cups pasta topped with ¾ cup tomato based sauce and 4 lean (2oz) meatballs 799 kcals/125g CHO | 60% CHO | 7.5 CHO choices | 1 protein choice
2 to 3 hours Smaller Meal	300-500 kcals 70-75% CHO 3-6 CHO choices 1-2 protein choices	1 lean meat sandwich* with a lean filling of choice (½ cup tuna or chicken), veggies (lettuce, tomato, pickle), mustard/mayo. 1 banana 442 kcals/74g CHO | 70% CHO | 5 CHO choices | 1 protein choice 2 toasted English muffins* + 1.5 tbsp honey/jam/syrup. ¼ cup almonds 484 kcals/85g CHO | 70% CHO | 5.5 CHO choices | 1 protein choice
1 to 2 hours Snack	200-300 kcals 75-80% CHO 2-4 CHO choices 0.5-1 protein choices	Low fat cereal bar** /muesli bar/sports bar + banana 200 kcals/38g CHO | 75% CHO | 2.5 CHO choices | ½ protein choice 1.5 cup lower fibre* breakfast cereal + ½ cup reduced fat milk + ½ cup fruit (*choose types like Shreddies, Vector or use ½ cup muesli, or low fat granola**) 273 kcals/55g CHO | 80% CHO | 3.5 CHO choices | ½ protein choice
Less than 1 hour Small Snack	100-200 kcals 85-100% CHO 2-3 CHO choices	1 gel (32 g) 100 kcal/25g CHO | 78% CHO | 2 CHO choices Smoothie with ½ cup juice + ½ cup low fat milk + ½ banana + ¾ cup fruit of choice*** approx. 200 kcals/50g CHO | 85% CHO | 3 CHO choices ½ protein choice
Less than 30 minutes Mini Snack	50-100 kcals 85-100% CHO 1-2 CHO choices	1-1.5 cup sports drink 80 kcals/21g CHO | 1.5 CHO choices 1 cup 100% fruit/vegetable juice*** approx. 100 kcals/27g CHO | 90% CHO 2 CHO choices

CHO = Carbohydrate
*choose white breads or low fibre cereals with < 4g fibre/serving
**choose lower fat cereal/granola bars with < 4g fat/serving
***fibre content may vary with fruit choices

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | July 2011

‘Carbohydrate Loading’ – is it for you?

We’ve all heard about ‘carb-loading’ before a competition, but is it right for you and/or your athletes?

What is carbohydrate loading?

Carbohydrate loading is a sports nutrition strategy that involves eating a higher than usual carbohydrate intake for 1-4 days prior to an event while tapering training. It may enhance performance by maximizing muscle carbohydrate (glycogen) stores prior to competition.

Who is it for?

Those athletes involved in marathon running, distance cycling, triathlons, cross country skiing, long-distance swimming and other endurance activities (i.e. competing for 90 minutes or longer (non-stop) at a moderate to high intensity), are most likely to benefit.

Prolonged stop and go, high intensity team sports, such as soccer, hockey, and lacrosse are less likely to benefit from carbohydrate loading, however, in tournament settings with multiple games in a day, there is potential for benefit.

Who is it NOT for?

Carbohydrate loading is not for everyday training and those with diabetes should not undertake this strategy without supervision.

What are the pros and cons?

Pros:

- Can enhance the amount of stored carbohydrates (glycogen) in your muscle (i.e. put more fuel in your tank);
- Can allow you to exercise for a longer period without fatigue.

Cons:

- May result in some weight gain which can be uncomfortable come race/competition day;
- Can cause digestive upset if too much fibre is consumed.

How to do it:

Step 1

Calculate your carbohydrate needs by multiplying your body weight in kg (kg = lbs ÷ 2.2) by 7-12. This will give you a range of carbohydrate intake that you should strive for when carbohydrate loading.

Step 2

Strive to consume the targeted quantity of carbs for the 1-4 days leading up to the race/competition by using high carbohydrate foods (see examples on common high carbohydrates foods list on page 2).

Step 3

Lower-fibre and quick digesting carbs like fruit juices and breads may be easier to consume than heavier whole-grains at this time.

Step 4

Avoid foods high in fat such as fried foods, and limit high protein food such as meat, because they will fill you up and make it difficult to consume enough carbohydrates.

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Continued...

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | July 2011

‘Carbohydrate Loading’ – is it for you?

We’ve all heard about ‘carb-loading’ before a competition, but is it right for you and/or your athletes?

Common carbohydrate loading mistakes:

- Not consuming enough carbohydrates. Work with a Registered Dietitian with sport nutrition experience and/or use an online calculator to keep track of your carbohydrate intake.
- Consuming too much fibre. This can lead to bloating, gas or diarrhea on race/competition day. Contrary to healthy eating guidelines, this is one time where cutting back on fibre will make it easier to get the carbohydrates in without feeling too full. Try juices, sport drinks, white breads and pasta, jams, honey and canned fruits.
- Eating too many high fat foods. Look for low-to-moderate fat foods to ensure you have an appetite for the carbohydrates your muscles need.

“USE AN ONLINE CALCULATOR TO KEEP TRACK OF YOUR CARBOHYDRATE INTAKE.”

Common high carbohydrate foods:
(check labels for more accurate information)

1 large bagel = 60g[1]

1 small banana = 15g[1]

1 cup/250mL cooked pasta = 30g[1]

1 cup/250mL fruit juice = 30g[1]

¾ cup/175mL cooked oatmeal = 15g

1 cup/250mL flaky unsweetened cereal = 30g[1]

1 cup/250mL cooked rice = 45g[1]

1 medium potato = 30g[1]

1 cup/250mL milk = 15g[1]

1 cup/250mL cooked corn = 30g[1]

1 cup/250mL fruit yogurt = 30-40g

2 cups/500mL sport drink = 30g

Reference:

1. Canadian Diabetes Assocation, “Beyond the Basics” meal planning tool. www.diabetes.ca
2. AIS Sports Nutrition, “Carbohydrate Loading” last updated June 2009. © Australian Sports Commission

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | January 2011

Protein & Related Sports Supplements

Athletes need more protein than inactive individuals. While high quality food sources (milk, meat, eggs, cheese, soy) can easily meet their protein needs, athletes often turn to popular protein supplements as a quick fix. They may also be confused about the effectiveness and appropriate use of other amino acid supplements, such as L-glutamine, creatine, and possibly "weight-gainers."

Examples of Protien Rich Foods

Meat, fish, poultry, eggs, cheese, cottage cheese, tofu, nuts, nut butters, milk, yogurt and legumes (kidney beans, lentils, chickpeas, etc.)

Protein is an essential nutrient needed for growth and development, to maintain muscle, to produce hormones, enzymes, red blood cells and white blood cells/ immune system. Dietary protein is required on a daily basis, especially on days of physical training. Supplemental protein (in powders, bars and drinks) is not superior to protein-rich foods, especially since many protein supplements lack essential carbohydrates, vitamins (e.g. B-vitamins) and minerals (e.g. iron, calcium, zinc) found in natural foods, hence the use of **supplemental** protein as an "extra" rather than as a **replacement** in meals. Individually, athletes should have their diet assessed by a Registered Dietitian who specializes in sports nutrition to determine if extra protein is warranted. A dietitian will design a customized meal plan that ensures optimal energy, protein, carbohydrate and fat are balanced to meet desired body composition and training goals.

Protein supplements, in the form as whey, casein and soy, offer a portable, convenient source of protein and calories for exercise recovery or a bedtime snack, especially when combined with a mixture of milk/soy drink, fruit, yogurt/ice cream and/or possibly juice. In comparison, 125 ml (1/2 cup) of dried skim milk powder provides the same amount of protein as 1 scoop of most whey powders; skim milk powder also contains both whey and casein proteins.

If building muscle is an athlete's personal goal, be aware that a high protein diet or protein supplements alone are not the answer. Instead, to gain muscle athletes require enough calories (energy) from fibre-rich carbohydrates, and healthy fats, in addition to adequate high quality protein, and regular strength training, i.e., 2 – 3 times a week.

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Continued...

Sport Nutrition

Tip of the Month | January 2011

Excess protein from the diet and/or supplements will be either used for extra energy (if calories are too low), excreted as waste, or potentially stored as body fat; excess protein can also be dehydrating unless ample fluids are consumed.

Popular "weight-gain" types of supplements usually provide 600-1200 calories (or more) per serving and while convenient, they are expensive and not recommended for young athletes. Most weight-gainers contain a combination of protein, carbohydrates, and fat with or without added vitamins and minerals. Consider this less expensive, quick and easy recipe:

What is...

L-Glutamine

The most abundant non-essential amino acid in our body is L-glutamine. It has received popularity with athletes since research has found that during times of exhaustive exercise glutamine levels in the blood are reduced. It is inconclusive if supplemental glutamine helps to reduce post-exercise muscle soreness and/or boosts the immune system. Protein-rich foods contain sufficient glutamine (e.g. 4 ounces (120 g) meat, fish or poultry = 4000-5000 mg glutamine). Milk, soy beverage, tofu, legumes (i.e., kidney beans, chickpeas, baked beans) and nuts also provide glutamine and help keep the immune system strong.

Creatine

Supplemental creatine has been used by athletes for decades, usually under the premise of building muscle. While indirectly it may help promote muscle gains, specifically creatine works by restoring energy (ATP) faster than normal recovery between high intensity exercise efforts. Therefore, if an athlete can recover faster after lifting a set of weights, or recover faster between sprint intervals, they may in turn be able to do more training and subsequently build muscle. But it's not all great news. There is no research to conclude if creatine is safe to take by those under 18 years of age. Also, some athletes may experience weight gain/water retention, and increase the risk of tearing tendons or ligaments. This "short cut" to building mass is not a quick fix solution to training hard and eating well.

Homemade High-Protein Shake:

50 ml (1/4 cup) dried skim milk powder
OR ½ scoop of whey
1.5 cups ice cream
1.5 cups 2% milk
1 banana
2 Tbsp chocolate syrup

Blend for less than 1 minute

1 serving = 953 calories, 35 g protein, 139 g carbohydrates, 28 g fat

While product manufacturers may make grandiose claims about the benefits of supplemental protein and related supplements, it is strongly recommended that athletes seek expert dietary advice by a sport dietitian before reaching for these or other dietary supplements.

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | August 2011

Recharge and Replenish – Recovery Nutrition

Did you know that in a typical hard two-hour workout, you can use up all your stored carbohydrate energy (muscle and liver glycogen), sweat away over two litres of water (along with approximately 1600 mg of sodium), and break down a variety of different body cells including muscle and red blood cells?

That's why what you consume within the critical minutes after training or competing are the most important! Without optimal recovery nutrition commencing within minutes after training, your body is likely to stay "broken down" and may not be fully recovered to train or compete to the maximum for the next 24 hours.

Why is proper timing so important?

Experts have determined that your body cells, especially those that store glycogen (energy), are most receptive to being replenished within the first 30 minutes after intense activity. Therefore, as soon as an athlete starts to "cool down" the recovery clock starts ticking! Recovery nutrition can actually be broken down into two stages: stage 1 which occurs within 30 minutes after exercise, and stage 2 which lasts for 1 to 2 hours post exercise.

Recovering Fuel (Carbohydrates)

Scientists have determined that between 1 to 1.5 grams of carbohydrate for every kg of body weight should be ingested within stage 1 and then at least this amount consumed again in stage 2. For example, a 70 kg athlete may require 70 to 105 grams of carbohydrates within 30 minutes of training/competition and this amount again an hour later. In some cases, an exhausted athlete may need to continue refueling at this rate for up to four, and even six hours after their strenuous workout, especially if training on several consecutive days.

Repairing Muscle (Protein)

While carbohydrate restoration post-exercise is essential, and is the priority, dietary protein should also be consumed to repair muscle post-exercise. It has been estimated that 0.2 to 0.4 grams of protein for every kg of body weight be consumed during each stage of recovery (or a carbohydrate to protein ratio of 3:1 or even 4:1). Therefore, a 70 kg athlete would need to consume between 14 to 28 grams of protein during stage 1, and this amount again during stage 2 recovery.

Rehydrating (Fluids)

Equally important for exercise recovery is rehydration. An athlete should check their weight immediately before and after exercise and aim to consume at least 500 to 750 ml for every 0.5 kg of weight that is lost during exercise. This amount of re-hydrating fluid will easily compensate for urinary losses so that the athlete remains in a positive fluid balance. If a weight scale is not appropriate or available, the athlete can simply continue to drink sufficient fluids until their urine is pale in colour (like pale lemonade), as an indicator of satisfactory fluid replacement. Because sodium is the main electrolyte lost in sweat during exercise, sodium-rich foods should also be consumed during recovery. Examples are: pickles, soy sauce, soup, vegetable juice and table or sea salt.

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Continued...

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | August 2011

Recharge and Replenish – Recovery Nutrition

Micronutrient Needs (Antioxidants)

The essential vitamins and minerals — especially antioxidants like vitamin C, E and beta-carotene that play key roles to keep body cells healthy — should also not be forgotten. Most of these nutrients can be found in fresh fruits and vegetables that are bright in colour, i.e., peppers, carrots, broccoli, and squash — as well as in wholesome nuts, seeds, and healthy oils.

It's relatively easy to apply all of these recommendations to real food examples. Here are practical ideas for both stage 1 and stage 2.

Stage 1: within 30 minutes after exercise

- Banana, yogurt, juice;
- Peanut butter sandwich, strawberries, milk or juice;
- Flavoured milk, granola bar, apple and water;
- Sports drink, cheese strings, grapes, juice or water;
- Low-fat muffin or bagel, homemade smoothie (blend milk, yogurt, fruit, juice and ice);
- Protein bar, orange, pretzels and juice or water;
- Meal replacement drink (Boost™, Ensure™, etc.), carbohydrate sports bar, apple, water.

Stage 2: 1–2 hours after exercise

- Meat or cheese submarine sandwich loaded with veggies, milk/juice;
- Chicken and vegetable stir-fry with brown rice, milk/juice/water;
- Whole wheat pasta with meatballs, vegetable salad, milk/juice/water;
- Grilled salmon, quinoa or whole wheat couscous, raw veggies with light dip, milk/juice/water;
- Bowl of cereal with yogurt or milk, fresh fruit, water/juice;
- Scrambled eggs with cheese and diced peppers, whole wheat bagel, milk/juice/water;
- Lentil soup, whole wheat bun, Greek yogurt/regular yogurt, fruit salad, water/soy beverage/milk;
- Pasta salad tossed with chopped vegetables, canned tuna or chicken breast, milk/juice/water;
- Cottage cheese or Greek yogurt, fruit salad, low-fat muffin, milk/juice/water.

Recovery Nutrition Challenges

Lack of appetite, food being unavailable or not prepared, late night games, waiting for teammates – the list goes on regarding the many obstacles that can make it a challenge for an athlete to have their recovery nutrition immediately available. However, with a little planning, these challenges do not have to be barriers, instead, when an athlete notices how energized they feel as a result of effectively consuming the appropriate recovery nutrition – this feedback can be a remarkable motivator to take the necessary steps to ensure eating well after exhaustive exercise.

> ***"TAKE THE NECESSARY STEPS TO ENSURE EATING WELL AFTER EXHAUSTIVE EXERCISE."***

coach.ca

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Campbell's CHUNKY

Sport Nutrition

Tip of the Month | April 2011

Healthy Choices on the Run: Fast Foods

Athletes and coaches are often "on the run" and need to stop and fuel up no matter where they are. This often means turning to fast food options. But not to worry, with a few smart strategies, fast food choices can be healthy – just try not to opt for fast foods morning, noon and night. Also, don't skip meals and get so hungry that you overload on excess fats and sugars from fried foods and high sugar drinks.

While fast food meals usually provide ample protein and complex carbohydrates (e.g. bread, buns, rice, beans, pasta), careful planning may be necessary to find options that include **fresh vegetables, fruit** (not just juice), **100% whole grains** (e.g. whole wheat bun or pizza crust, white/brown rice, quinoa, barley, corn, regular/whole wheat pasta cooked al dente, baked potato & skin, kidney beans/chili), and **milk/alternatives.** The key is to "balance" the fast food meal or snack with vegetables, fruit and milk/alternatives.

For a nutritionally balanced diet that supports top performance and optimal exercise recovery, be sure to follow this simple rule of thumb*:

For meals:
Include 3 to 4 major food groups.

For snacks:
Include 2 to 3 major food groups.

And don't forget fluids – especially water, lower fat milk/products, 100% fruit juice and appropriate use of sport drinks.

Smart strategies for eating healthy 'on the run':

Not all athletes need to watch their weight and eat small portions. Be smart, **choose more** vegetables, fruit and milk products and **cut down on** excess fat, salt and refined sugar. Athletes who sweat a lot need some extra sodium, so total avoidance is not smart either.

- **Make smart menu selections** – pay attention to the descriptions on the menu. Try to avoid battered/deep-fried, breaded, creamy, crispy, au gratin or in cream sauce. These options are often high in calories, unhealthy fats and/or sodium.
- **Be careful with salt** – fast food restaurant food tends to be high in sodium. Instead of salty fries, order a side salad and go easy on commercial dressings that are often high in sodium.
- **Stay away from high calorie drinks** – pop is a huge source of hidden and empty calories. Try drinking water, 100% fruit juices, or milk/alternatives instead. Diet drinks do not refuel muscles during recovery.
- **Avoid super sized portions** *if* weight is an issue. Some fast food meals can run up to 1000-2000 calories or more. Choose a smaller portion size, order a side salad instead of fries and make your beverage count. Athletes with higher energy needs may require bigger portions and/or more frequent snacking.
- **Special order** – ask for baked, broiled, steamed, or stir-fried, instead of battered, deep-fried items. Request vegetables and main dishes without rich sauces. Avoid large amounts of dressings, spreads and extra cheese. Choose oil & vinegar, French, or Italian dressings in small amounts or ask for them "on the side."

coach.ca

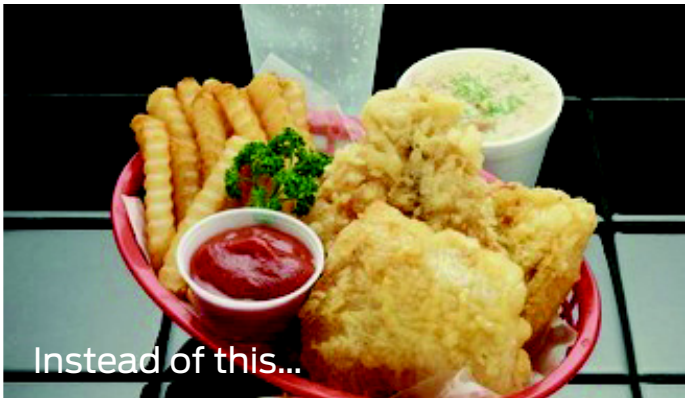
SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Continued...

Sport Nutrition

Tip of the Month | April 2011

The **amounts** of the following fast foods menu choices will vary depending on energy needs.



Grilled chicken sandwich, side salad, milk	Breaded, fried chicken sandwich with fries
Plain hamburger, garden salad, ½ pkg. Italian dressing, milk or 100% fruit juice	Double cheeseburger, large fries, large cola
Roast beef sub sandwich, lettuce, tomato etc., apple, low fat milk/chocolate milk	Philly (Roast beef and melted cheese) sandwich, large soda pop
Warm grilled chicken salad, ½ pkg. of dressing, whole wheat bun, fresh fruit	Crispy chicken salad, 1 pkg. creamy dressing, large cola, fried apple pie
Pizza (cheese/veggies), whole wheat crust	Pizza (double cheese + pepperoni/sausage)
Pork/chicken souvlaki, whole wheat pita, with a Greek salad, dressing on the side	Sweet & sour pork, fried rice and battered deep fried veggies, diet soda
Minestrone soup, crusty roll, fruit, yogurt	Cream soup, bagel & cream cheese, doughnut
Shrimp/chicken/tofu stir fry on steamed rice	Fettuccine alfredo with garlic bread, large pop
Fresh fruit smoothie	Large soda/pop and pastry
Chicken/beef/shrimp fajita, veggies, fruit (or 100% fruit juice)	Beef taco with double cheese, refried beans, sour cream on a deep-fried taco shell
¼ chicken (no skin), baked potato, salad, fruit	¼ chicken (with skin), fries, pie/ice cream
Beef and broccoli stir fry on rice or noodles, tea/water, fresh fruit	Sweet and sour chicken balls with fried rice, chow mein, double plum sauce
English muffin breakfast sandwich, orange juice and coffee or milk/alternative	Bagel with cream cheese, diet cola or Red Bull
Bowl of chili con carne, whole wheat bagel, chocolate milk	Large nachos with melted cheese, large cola

Not all fast foods are "bad" for you. Be smart – start making the right choices!

coach.ca

**For more information on nutrition that supports a balanced diet, read "From Training Diet to Meal Plans", "Training Diet – Food Sources of Minerals", and "Training Diet – Food Sources of Vitamins" on coach.ca*

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Sport Nutrition for Athletes and Coaches

Sports Bars, Gels & Drinks: Maximize your energy for endurance sports!

Consuming sports bars, gels and/or drinks during endurance activity can help you meet your energy and fluid goals by:

- maintaining energy levels and delaying fatigue;
- preventing dehydration;
- sustaining blood glucose levels.

CAUTION: Not all sport foods are created equal. Whichever type or combination you prefer to use, follow the guidelines below to ensure you are getting the right mix of appropriate nutrients.

WHEN SHOULD I CONSUME THEM?

- Multi-day events or events that take 60 minutes or longer to complete will benefit from consuming 30 to 60 g of carbohydrates per hour.
- Ingest these products starting 15-20 min after the beginning of the activity and then at 15-20 minute intervals during the activity.

SPORTS DRINKS

- Sports drinks provide carbohydrates and electrolytes, in varying amounts between brands, but are designed specifically to replace energy (carbohydrate), sodium, potassium, and fluids lost during exercise.
- The quantity to consume will depend on sweat rate and can range between 0.3 to 2.4 litres/hr.
- High intensity exercise and/or hot humid conditions will cause greater sweat loss.
- As a guide: start consuming small amounts every 15-20 minutes with an average of least 400 to 800 ml/hr.

Guidelines for choosing sports drinks:

Carbohydrate	Aim for 6-8% carbohydrate (i.e. 6 to 8 g of carbohydrate/100 ml); primarily glucose, sucrose, or maltodextrin with some fructose.
Protein	There is insufficient evidence to recommend sports drinks containing protein or amino acids for use during endurance events.
Sodium	500-700 mg/litre
Potassium	80-200 mg/litre

coach.ca

Sport Nutrition for Athletes and Coaches

SPORTS GELS

- Sports gels provide a highly concentrated source of carbohydrates, compared to sports drinks, and are portable as well as quickly digested (small volume).
- They should be consumed with an alternative electrolyte beverage (if no electrolytes are present in your preferred gel) or with water to meet hydration needs.

Guidelines for choosing sports gels:

- A blend of glucose and fructose is effective in increasing muscle oxidation of carbohydrates, in the amount of 65-75% or 65-75 g/100 ml (Most provide ~20-30 g/32-45 g pack).
- They may have other added nutrients such as electrolytes, amino acids, vitamins, and caffeine, or other substances claimed to enhance performance. **These are not essential for the purpose of providing a quick source of highly concentrated carbohydrate and should be tested for tolerance in specific sport situations.**

SPORTS BARS

- Sports bars provide a solid form of carbohydrate! Recent research has shown that they produce similar rates of fuel utilization to liquid forms (e.g. sports drinks) when consumed during endurance exercise.
- They vary between the amount of calories, amount and type of carbohydrate, and amount of protein and fibre provided.
- They may have other added nutrients such as vitamins/minerals or other substances claimed to enhance performance.
- Fluid needs should also be considered in order to meet complete nutrition and hydration goals.

Guidelines for choosing sports bars:

Before or during exercise (for easy digestion):	After exercise (for recovery):
Higher carbohydrate (>25 g)	Higher carbohydrate (>25 g)
Lower fibre (<4 g)	Can be higher in fibre (>4 g)
Lower fat (<4 g)	Can be lower fat (<4 g)
Lower protein (<4 g)	Higher protein (10-25 g)

coach.ca