

Fueling Before & After Activity

Eating a balanced amount of carbohydrate, fat and protein is important for training and performing your best. Following Canada's Food Guide is a good first step to ensure you are getting the amount of carbohydrate, protein and fat you need.

Tips for Eating Well

Drink fluids, especially water, before, during and after the sports event. You can also get fluid from other sources such as milk, unsweetened fortified plant-based beverages, whole vegetables and fruit, and soups.

Eat regular meals and snacks throughout the day. Choose familiar foods and avoid anything new on game day in case it causes an upset stomach.

Athletes may need additional nutrition to meet their energy demands on days they train or compete. These needs can often be met with prioritizing nutrition before and after exercise.



	Benefit	Healthy Tip
Vegetables and fruit	Energy for muscles and helps with concentration	<ul style="list-style-type: none"> Enjoy fresh, frozen or canned vegetables and fruit
Whole grain foods	Energy for muscles and helps with concentration	<ul style="list-style-type: none"> Choose whole grain products when possible such as oatmeal, breads, wraps, crackers and brown rice
Protein foods	Energy, growth and repair of muscles	<ul style="list-style-type: none"> Enjoy plant-based protein foods more often like nuts, seeds, nut butters, beans or lentils Enjoy other protein foods like eggs, fish, poultry, lean red meat, white milk, yogurt, and cheese Choose lean cuts of meat and trim off fat; remove skin from poultry

Nutrition Before Training or Game-Time

Eating a balanced meal 2-3 hours before exercise gives an athlete time to digest food and convert it to fuel. If its not possible to eat a meal 2-3 hours before, athletes can choose a snack 30 minutes - 1 hour before training. Snacks should include carbohydrates for quick energy and low-moderate in protein to reduce cramping or stomach upset.

Snack Examples:

- Whole grain crackers with cheese or hummus and grapes
- Whole grain english muffin or slice of toast w/ peanut butter
- Whole grain cheerios + milk
- Whole fruit (apple, banana, grapes, etc)
- Individual package of unsweetened oatmeal with almonds and fruit
- Granola bars (not chocolate or yogurt dipped)
- Whole grain muffin
- Fruit Smoothie

Nutrition Post-Training

After training or playing sports, your body is ready to store energy again, repair muscles and re-hydrate. This is why it is important to eat a balanced meal or snack after exercising intensely for more than an hour. It's Important to emphasize a balance of carbohydrates and protein foods, and replenish fluids at this stage.

Snack Examples:

- Banana plus a cup of milk or yogurt
- Turkey Sandwich on whole grain with fruit on the side
- Crackers with peanut butter or cheese
- Trail mix with dried fruit + milk
- Smoothie w/ frozen berries and yogurt
- Energy bites or granola bar

Remember to eat regular meals and snacks throughout the day to sustain energy levels and perform your best!

There are many dietitians that specialize in sports nutrition. They can work with you to set personalized targets for carbohydrate, fat and protein intake before, during and after training or playing your sport.

Questions? Contact Eat Great and Participate's Registered Dietitian at mpark@recreationnl.com or (709) 729-4490.

Eat Great and Participate: recreationnl.com/eat-great-participate

Canada's Food Guide: Canada.ca/FoodGuide