



Smart Eating Makes the Grade!

Fueling Active Kids

What you fuel your body with before and after activity will impact your overall performance. From amateur sports to Olympic athletes, food provides us the energy we need to do our best!

Pre-activity nutrition:

Have food and drink before activity to fuel your muscles and help you get the most out of your activity. What you eat before an activity depends on the length of time until your activity starts.

| Time before activity | Sample meal/snack | |
|------------------------|---|--|
| 3 hours prior | 2 grain servings 1 meat/alternate serving 2 fruit servings 1 milk/alternate serving | 1 cup whole wheat pasta, 3 oz lean meat, 1 cup 100% fruit juice, 1 yogurt cup. |
| 2 hours prior | 2 grain servings 1 meat/alternative serving 1 milk/alternate serving 1 fruit serving | Roast chicken sandwich on whole wheat bread, 1 cup milk and an apple |
| 1 hour prior | 2 grain servings 1 milk/alternate serving | Whole grain cereal & milk |
| Less than 1 hour prior | 1-2 fruit servings <i>or</i> 1-2 grain servings | Fresh or canned fruit <i>or</i> Whole wheat toast with honey |

Post-activity nutrition:

The half hour immediately after activity is when the body recovers best. Having a snack with fluid, carbohydrate & protein within 30 minutes of activity will replenish energy and repair muscles.

| Fluid - to replace the water lost in sweat | Water, milk (white or chocolate), juice, drinkable yogurt, sports drinks |
|---|---|
| 1 Fruit/Vegetable and 1 Milk/Alternate <u>OR</u> 1 Fruit/Vegetable and 1 Meat/Alternate <u>OR</u> 1 Grain and 1 Milk/Alternate <u>OR</u> 1 Grain and 1 Meat/ Alternate | Chocolate milk, cereal & milk, cereal bar and drinkable yogurt, ham & cheese sandwich, crackers & cheese, trail mix, cottage cheese & fruit, fruit smoothie |



KEY NUTRITION POINTS

- ◆ One of the most powerful nutritional influences on the health and performance of athletes is getting enough fluids and being hydrated.
- ◆ Within 15-30 minutes of completing an event or game, have a snack with carbohydrate and a little bit of protein. *Example: yogurt and kiwi, or chocolate milk.*
- ◆ Carbohydrate is mainly found in fruit/vegetables, milk and alternatives, grain products and legumes.
- ◆ Protein is mainly found in milk and alternatives, and meat and alternatives.

During Activity:

Generally, water is enough to prevent dehydration and minimize fluid losses during physical activity. However, there are a few exceptions to this.

| Physical activity lasting longer than 1 hour | Add 30-70g Carbohydrate for each hour of activity. | Homemade sports drink or 1-2 cups of a sports drink |
|---|--|--|
| Rest period (in an activity longer than 40 min) | Incorporate a Carbohydrate during rest periods after 40 minutes of play. | 1 cup of 100% fruit juice or 1 fruit or 1-2 cups of a sports drink |

The Bottom Line

To achieve optimal health, growth, development and performance, eat healthy foods and drink plenty of fluids. The well-nourished athlete will be able to play better and for longer, stay mentally alert and recover quicker from training and competition.



Activity Corner

Why don't you try something new this spring? Baseball, soccer, swimming, dance classes... the options are endless!



Power – up Snacks

To get energized in between events, get more power with these snacks.

- Chocolate Milk and a fruit
- Fruit and Low-Fat Yogurt
- Low-Fat cheese, tuna, or salmon and whole grain crackers
- Cottage Cheese and Fruit
- Hummus or peanut butter and Crackers
- Cereal and Fruit
- Low Fat muffin and cheese

Sip Sip Sip!

Athletes are at risk for dehydration. To achieve your best performance, your body needs to be well hydrated. It helps to improve alertness, concentration, focus and actual physical performance.

Younger athletes are often thirsty before they take a sip of fluid. By this time, they are already starting to dehydrate. Heavy or prolonged sweating can lead to dehydration which is a major cause of fatigue and poor performance. It increases the risk of cramps, heat exhaustions and heat stroke. Dehydration can also delay recovery after exercise.

To perform your best, and to prevent dehydration, drink plenty of water before, during and after exercise. For activities lasting longer than 1 hour, include a sports drink with 30-70 grams carbohydrate per hour.

NOTE: Avoid energy drinks while training. Energy drinks put you at risk for dehydration and stomach discomfort during activities.



Quick Recovery Smoothie

- 1 banana
- 1 cup white or chocolate milk
- 1 tbsp honey (if you use white milk)
- Ice cubes

Place all ingredients into a blender, blend up and enjoy! Source: dairygoodness.ca

Homemade Sports Drink

(to be used with activities lasting more than an hour)

- 2 tbsp sugar
- 1/8 tsp salt
- 2 tbsp boiling water
- 2 tbsp 100% fruit juice (orange, cranberry, grape, etc.)
- 1 tbsp lemon juice
- 1 ¾ cup cold water

Combine the sugar and salt in a bowl. Add boiling water. Stir until dissolved. Added remaining ingredients and chill until needed. Source: www.coachingmanitoba.ca

