

Smart Eating Makes the Grade!

Stay active. Eat like a champion.

Fuel your active lifestyle

Enjoy a wide variety of foods from each of the four food groups from “Eating Well with Canada’s Food Guide”. This will provide enough energy, vitamins, minerals, and protein needed to support growth and fuel activity. Without good eating habits, active children may feel tired and lose their enjoyment of the sport.

Before an Event

Choose high carbohydrate foods from the grain products, milk and alternatives, and vegetables and fruit group to boost your energy.



- ⇒ Limit solid food one hour before an event to allow enough time for food to digest.
- ⇒ If eating a meal, eat at least three hours before an event.
- ⇒ If choosing a snack, allow 1-2 hours before an event.
- ⇒ Avoid greasy high fat foods before an event as they can cause an upset stomach during an activity.

During an Event

Take four gulps of water every 15-20 minutes. If exercising for longer than one hour, have a sports drink to keep you hydrated and give you energy. Refer to the Energy Drinks Newsletter for sports drink recipe.



After an Event

Eat within 15 - 30 minutes of an event to restore energy to your muscles quicker. Include at least three of the four food groups to get enough carbohydrates and protein to re-fuel your body. For example: 1 cup milk, ½ cup apple slices and 1 tbsp peanut butter or 1 cube cheese.



Key Nutrition Points

March is National Nutrition Month® brought to you by Dietitians of Canada.



This year’s theme is...
Stay active. Eat like a champion.

Eating well can help a young athlete:

- ⇒ play better for longer
- ⇒ stay mentally alert
- ⇒ support growth and development

Eating on the Road?

It is best to bring your meal or snack from home, but if that is not an option, use these guidelines.

| Choose...  | Instead of...  |
|--|---|
| 1/2 Multigrain Bagel | Donut or croissant |
| Grilled chicken sandwich or plain grilled burger | Fried Burger, fried chicken or fried fish sandwich |
| Milk or juice | Pop |
| Salad (with small amount of dressing, if desired) Or baked potato | French fries or onion rings |
| Pasta with tomato sauce | Pasta with cream sauce |
| Turkey, grilled chicken, or veggie sub | Meat ball or salami sub |
| Frozen yogurt with fruit | Deep fried pies or cake |

Activity Corner

The Canadian Pediatric Society recommends that children get at least 90 minutes of physical activity, or 15,000 steps a day.



The Bottom Line

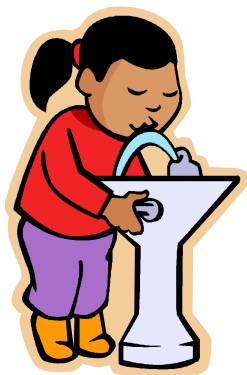
Staying active with sports and activities can help kids develop skills, confidence, and good health. Eating well is key to supporting physical activity and enhancing sport performance.



Healthy Snack Box

- Fresh fruit, dried fruit, or fruit cup
- Individual box of unsweetened cereal
- Granola bars
- Pretzels , trail mix
- Half a cinnamon-raisin bagel
- Homemade muffin
- Plain cookies such as animal crackers
- Graham or Wholegrain crackers
- Cheese or peanut butter
- 1-2 % Low Fat Milk

Water: The Best Thirst Quencher



Water makes up about 60% of our body weight and acts as a coolant for our bodies. It is important to drink water before, during and after exercise to avoid dehydration. For children, it is even more important since they are not able to sweat as much as adults and are more prone to overheating. Kids also have a poor sense of thirst and need to be reminded to drink. Plain water is the best thirst quencher and the cheapest source of fluid. However, some children will drink more of a flavoured beverage. Unsweetened, diluted juice or a sports drink during exercise may help ensure young athletes are getting enough to drink. (Refer to Energy Drinks newsletter for home made sports drink recipe).

Source: Sport Nutrition Advisory Committee

Dietitians are the most trusted source of nutrition information.
For more information, visit www.dietitians.ca/eatwell.

No Bake Trail Mix

- 2 cups Shreddies® type cereal 500 mL
- 2 cups Cheerio® type cereal 500 mL
- 1½ cups chopped dried fruit 375 mL
- ½ cup sliced almonds 125 mL
- ½ cup pretzels 125 mL

Toss together and enjoy.



Correction Notice: The Oatmeal Raisin Cookie recipe in the November 2008 Nutrition Newsletter on Food Allergies has been changed and is now trans fat free. Please go to www.rha-central.mb.ca click on News & Events and then Newsletters for your copy of the recipe.

For more information, go to www.rha-central.mb.ca and www.dietitians.ca

Regional Nutrition Program Team

May be photocopied in its entirety provided source is acknowledged.

