



Ask the Registered Dietitian

Power-Fuel Nutrition for a Powerful Body

Canadians take to the outdoors and enjoy more time doing physical activities with family and friends. To make the most of this energetic time, here are some sport nutrition tips to ensure that you, your family and friends are power fueled before, during and after physical activities.

1) Choose carbohydrate-rich foods as your best energy fuel. The following foods are chock full of carbohydrates:

- Breads & Cereals (toast, crackers, granola bars, cereal)
- Vegetables & Fruit (fresh, frozen and canned)
- Legumes (chick peas, lentils, kidney beans, hummus dip)
- Milk and Yogurt (plain milk, chocolate milk, fruit yogurt)

2) Be sure to include food choices that add protein. The following foods pack a protein punch when they accompany your carbohydrate-rich foods:

- Nut butters (Peanut, almond, cashew, sesame)
- Eggs, milk, yogurt, cheese, cottage cheese
- Legumes, soy protein, lean cuts of meat, poultry or fish

3) How much you will need to eat and drink before and after physical activity will depend upon your age, weight, height, gender as well as the type, intensity and duration of the physical activities that you will be doing.

Planning for a Powerful Body

Generally you should plan for:

- A large meal 4-6 hours before or a small meal 2-3 hours before any physical activity that will involve lots of fast-paced high intensity activities (e.g. start stop sports such as hockey, soccer and basketball) or longer duration, low to moderate intensity activities (e.g. walking, hiking, cycling and cross country skiing).
- It is always a good idea to have a large snack 1-2 hours before or small snack 15-30 minutes before any physical activity that will last longer than 60 minutes.

Variety is the spice of life. Here are some sample meals to get you on the move with power-fueled nutrition.

| Meal Examples <i>With milk, vegetable and/ or fruit juice</i> | Large Snack Examples <i>With milk, vegetable and/ or fruit juice</i> | Small Snack Examples <i>With milk, vegetable and/ or fruit juice</i> |
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| <ul style="list-style-type: none"> • Omelette or potato frittata • French toast with fruit and yogurt • Low fibre cereal with fresh fruit and milk, toast with peanut butter and banana • Sandwiches with low fat cheese, sliced roast beef/pork, turkey or chicken and veggies • Grilled chicken and veggie kabobs on rice | <ul style="list-style-type: none"> • Hard cooked egg or cheese with crackers • Fresh fruit with cottage cheese • Whole wheat bread or bagels with a slice of cheese or nut butter • Date squares, sesame snacks or oatmeal cookies • Low fat yogurt with granola | <ul style="list-style-type: none"> • A few crackers with fruit/vegetable juices, water • Piece of fresh or dried fruit with water • Small granola bar with water or fruit juice • 1/2 small sandwich with fruit or vegetable juices, water • Chocolate milk or fruit smoothies |

Power-Fuel Your Body After Physical Activity

Help your muscles recover and repair after physical activity — eat a snack or small meal within an hour or two of finishing your physical activity. Here are some more ideas to get you on the move with power-fueled nutrition.

| Large Snack Ideas – Post Workout <i>with Juice or Milk</i> | Small Meal Ideas – Post Workout <i>with Juice or Milk</i> |
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| <ul style="list-style-type: none"> • French toast fingers with maple syrup • Poached egg on an English muffin with a slice of cheese and tomato • Medium muffin with piece of cheese • 1/2 Sandwich <ul style="list-style-type: none"> – Peanut butter/banana – Hard cooked egg salad – Meat or cheese • Smoothies or yogurt • Hard boiled egg with vegetable crackers • Hummus dip with cut-up vegetables | <ul style="list-style-type: none"> • French toast with fruit and maple syrup • 1/2 grilled cheese sandwich with tomato slices • Fruity Cottage cheese omelette • Whole Sandwich <ul style="list-style-type: none"> – Peanut butter/banana – Hard cooked egg salad – Meat or cheese • Pasta and Meat Sauce • Chili with more beans than meat • Lentil soup with salad |



Canadian Association for the Advancement of Women and Sport and Physical Activity