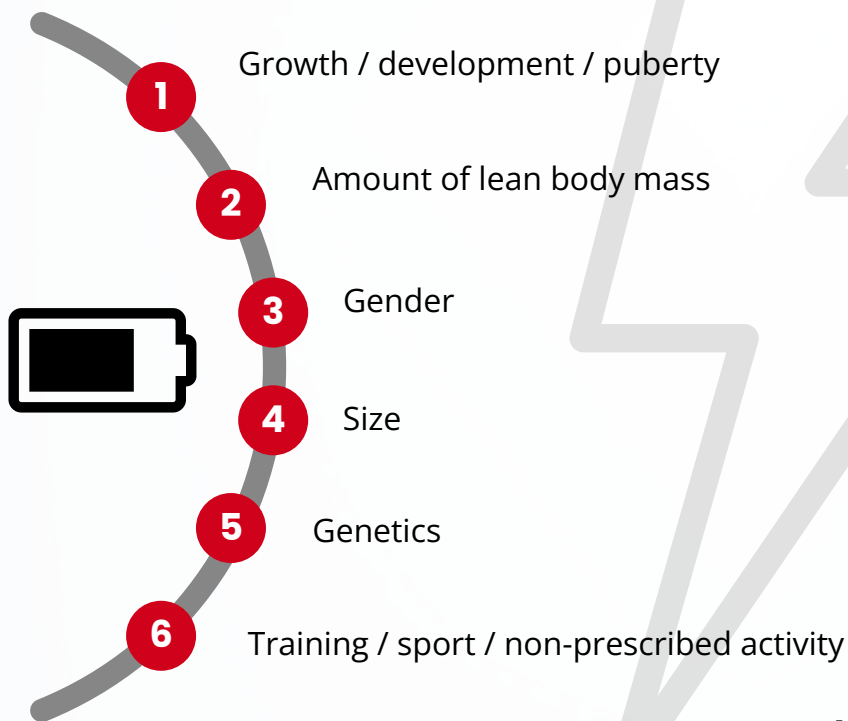




# PERFORMANCE NUTRITION

## Connection to Context

### Energy needs are determined by:



### PRIORITIES



#### 3-4 hours before

- Carbohydrate-rich meal
- Lower in fat and fibre
- Consistent fluid intake



#### <1 hour before

- Small, easy to digest carbohydrate-rich snack
- Limit excessive fluids



#### 30 min. - 1 hour after

- Carbohydrate and protein-rich snack
- Replace fluid and electrolytes



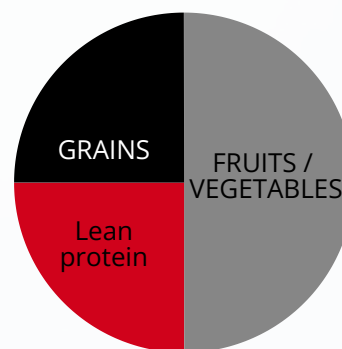
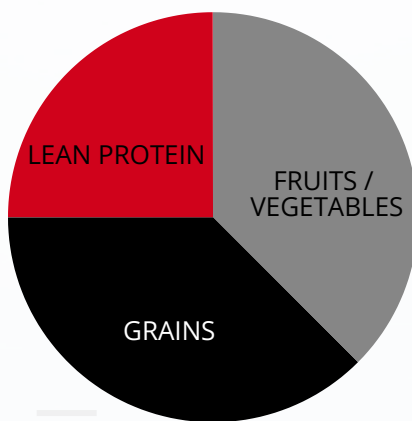
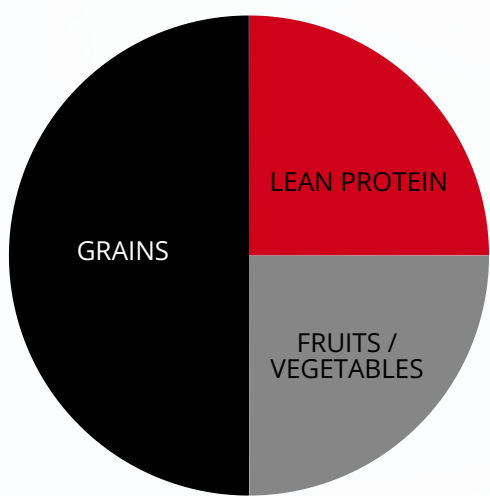
#### 2-4 hours after

- Carbohydrate and protein-rich meal
- Continue regular fluid intake

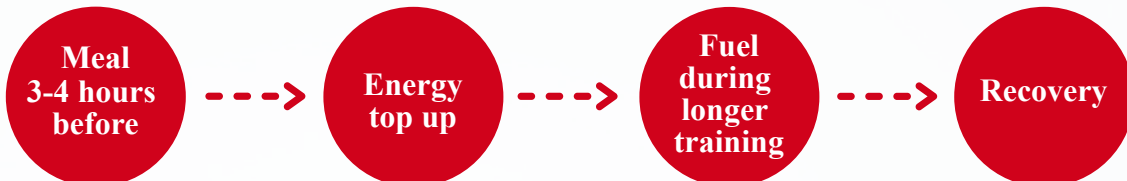
#### Hard Training Day

#### Easy-Moderate Training Day

#### Light Training / Off Day



### Rates of Digestion



- Quick Energy: from Carbs
- Sustained Energy: from Protein & Fat
- Slowest to Digest: Fats

Carbs      Carbs & Protein      Fats



### Fuelling during Exercise

Exercise Duration	Carbohydrate Needs
< 45 mins	Not needed
45 - 75mins	Small amounts (i.e. CHO mouth rinse)
1 - 2.5 hrs +	30-60 g/hr

Dietitians of Canada Nutrition and Athletic Performance Position Paper, 2016



All needs are different and each athlete is unique. There is no one-size-fits-all nutrition intervention. Consult with a sport dietitian to help optimize your health and performance.



# PERFORM

## Excellence ≠ Perfection

- Nutrition will look different for everyone
- Start educating yourself and your athletes on the composition of foods and experimenting with them in training scenarios
- Find a balance between fuelling for performance and pleasure
- Reach out to qualified professionals!

### Help your Athletes set Goals

**GOALS:** identify an area you think you could improve upon

Select **1-2 specific goals** that you want to implement

ie. "I'm going to keep a stash of beef jerky and granola bars in my bag for recovery after training."

### Identify Gaps First

Scheduling or Timing

Meals or Snacks

Picky Eaters

Time

Budget

### Keep it Simple

#### Staple Meals

Breakfast, lunch, and dinner

Eating every 3-4 hours

#### Training / Recovery

What am I using / losing?

Replenish protein and carbohydrates

### Monitor

Menstrual cycle

Body talk

Health / Medical / Bloodwork

Sleep

Sport / activity indicators

Mass changes from individual development

Mood / Stress levels / School / Relationships

Eating habits and behaviours

#### Adequate protein

Include a protein source at each feeding

UNLESS it's an energy top up

#### Mindful Eating

Pay attention to thoughts / body cues

Be honest and curious about food choices

### PREPARATION / RECOVERY COMBOS

#### MEALS

- Fish Tacos with sweet potato fries
- Grilled chicken sandwich, potatoes, and salad
- Eggs, oatmeal, nut butter, and fruit
- Power bowl: a whole grain, veggies, lean protein, avocado, and dressing

#### SNACKS

- Smoothie
- Fruit and Greek yogurt
- Cereal with milk
- Granola bar
- MRD (i.e. boost)
- Tuna and crackers
- Beef jerky with carrots and hummus
- Overnight oats

#### TOP UPS

- Sport gels or drinks
- Crackers + sips of water
- Fruit snacks
- Pretzels + sips of water
- Dried fruit / dates
- Banana / orange
- Energy bites
- Granola bar / natural food bar

