

Sport Savvy Food Facts

The day-to-day diet

The day-to-day training diet of young athletes provides the fuel for both sports performance and growth. Day-to-day foods provide the fuel that supports training AND the fuel that is used during competition. Food that fuels an athlete during an event is actually eaten 2-3 days before the event!

Day-to-day secret to success

Eat a variety of foods!!

Stock your fridge and cupboards with these foods that are fabulous fuel for young athletes:

Champion Carbohydrates:

- ✓ rice
- ✓ cereal
- ✓ potatoes
- ✓ bread
- ✓ pasta
- ✓ fruit
- ✓ vegetables

Carbohydrates provide an excellent source of fuel and are essential in the day-to-day diet of an athlete.

Choose whole grains more often:

brown rice, oatmeal, sweet potatoes, whole wheat bread, starchy vegetables (corn & peas)

Whole grains provide energy for training AND fibre & nutrients for health.

Powerful Protein:

Protein plays a role in the daily repair of the body, including muscles. Most young athletes get plenty of protein through regular eating and don't need to make a special effort to increase their protein intake.

fish, meats, poultry, eggs, dairy, nuts, soy, peanut butter, beans & peas

Fiery Fat Fuel:

Healthy fats provide lasting energy for athletic training and events.

vegetable oils, avocados, fish, cashews, almonds, peanuts, and most nuts

Imperative Iron:

Iron is a mineral that helps to carry oxygen to active muscles, and is essential in the day-to-day diet to prevent fatigue.

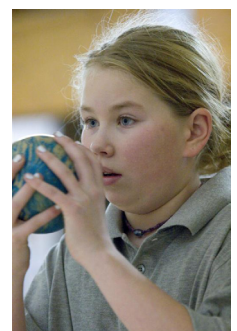
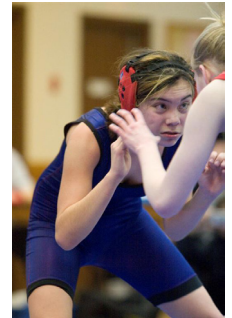
red meat, chicken, tuna, salmon, eggs, dried fruits, leafy green vegetables, whole grains

Wonderful Water

Water is just as important as food for powerful performances. Dehydration can cause a young athlete to become overheated, headachy, and worn-out. Expensive sports drinks are only effective in continuous strenuous exercise lasting more than 60-minutes.

Most often, water works! Drink water:

- ✓ throughout the day every day
- ✓ 1-2 cups before and after training or competition
- ✓ ½ - 1 cup every 20 to 30 minutes during physical activity





The game-day diet

Pre-Event Eats:

Most of the fuel for competition comes from foods eaten over the past several days. The goal of the pre-event game-day diet is to prevent hunger during the event. It is very important to eat familiar foods on the day of the event to avoid stomach discomfort! Here are some guidelines for what to eat and when:

2 to 4 hours before the event: Combine low-fiber fruit with a protein and carbohydrate for a small meal. Remember water!

juice, plum, melon, cherries, peach, banana with a chicken sandwich or cereal and milk.

Less than 2 hours before the event: If feeling hungry, eat a light snack. Remember water!

crackers, toast, energy bar

During-Event Eats:

The goal of food eaten during an event is to quickly provide energy without developing stomach discomfort. Carbohydrates provide quick energy.

fruit, crackers, sports/energy bar, sports drink, juice

Post-Event Eats:

The post-event game-day diet replenishes energy stores and speeds recovery. Remember water!

<15 minutes after event: Consume some quick energy.

fruit juice, sports drink, smoothie

< 2 hours after event: Consume a balanced meal focused on carbohydrates and protein.

turkey sandwich and fruit, spaghetti with meat sauce, chicken and vegetable stir-fry with brown rice



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