

Nutrition for Sport

Fueling for your Sport...

Where does your energy (fuel) come from?

What you eat before training and games can affect your performance. Knowing that, it is important to eat a balanced diet high in energy, carbohydrates (coming from fruits, vegetables, grain products, dairy products), and a moderate amount of protein (from the dairy and meat groups). The following chart shows where your energy comes from for training/games at various times of the day.

<i>Time of training or game</i>	<i>The energy comes from</i>
Early Morning	Dinner from previous evening, bedtime snack and small breakfast
Late Morning	Early breakfast and midmorning snack
Afternoon	Midmorning snack and lunch
Early Evening	Mid afternoon snack and supper

* Revised from SNAC Sport Nutrition Advisory Committee

► The table below can be used as a guide to outline adequate timing of meals to ensure optimum fuel availability.

<i>Meal</i>	<i>Timing</i>
Pregame meal	<ul style="list-style-type: none"> ► Larger meal 3-4 hours before game – containing 2-4 grams of carbohydrates per kilogram of body weight and 10-20 grams of protein. -or- ► Smaller meal 1-2 hours before – containing approximately 1-2 grams of carbohydrates per kilogram of body weight and 10-20 grams of protein. ► Don't forget to include beverages with each meal. ► For an early morning trainings session or game, a bedtime snack and smaller breakfast high in carbohydrates can help fuel your training.
During Game	<ul style="list-style-type: none"> ► Events lasting less than one hour- water is sufficient (in optimal weather conditions – in extreme temperatures carbohydrates may be required to support activity) ► For events lasting longer than an hour- carbohydrates and fluids are required to maintain performance levels.
Post game Snack	<ul style="list-style-type: none"> ► Consumed within 1 hour after training or game. ► Beverages to replace those lost in sweat and a high carbohydrate snack restore fuel supply.
Post game meal	<ul style="list-style-type: none"> ► Upon returning home, a meal high in carbohydrates and moderate in protein will speed recovery from your training or game (ex. spaghetti meal, meat with veggies & rice, sub). ► Remember to drink a beverage with your meal to restore hydration. ► Important to consume post event snack and meal as it aids in recovery and enhances fuel storage for subsequent activity.