



DO YOU PACK “NUTRITION” AS PART OF YOUR GEAR?

Along with all your gear, pack these foods; choose appropriately, from the following list, to fuel and hydrate, before, during and after training sessions and competitions.

Bars

Liquid Meal Replacements, Breakfast Anytime®

Fruit

Handi-Snacks®

Tuna - individually wrapped packages

Crackers, plain cookies

Cheese Strings

White or flavored milk

Flavored Yogurt

Pudding Cups

Juices

Cereals - variety pack

Skim Milk Powder - small, resealable bag

Sport Drinks

Gels

Water Bottle

Thermos

Small Cooler

Foods that need to be in a Cooler: milk, yogurt, cheese

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IRON-RICH FOODS

Foods Containing Animal - Based “Haem” Iron:

- Lean beef, veal, lamb
- Poultry, darker meat
- Liver, liver pate', liverwurst
- Eggs
- Salmon, sardines, oysters

Foods Containing Plant-Based “Non-Haem” Iron:

- Cereals, breads (fortified)
- Lentils, kidney beans, soybeans, tofu
- Baked beans in sauce
- Nuts, cashews, almonds
- Raisins,
- Molasses

Iron Enhancers:

- Vitamin C-rich foods: oranges, grapefruit, strawberries, cantaloupe tomatoes, peppers, broccoli, cauliflower and potatoes

Iron-Inhibitors:

- Phytates: high-fibre cereal/grains, nuts, peanut butter, bran, soy products, spinach
- Polyphenols: strong tea/coffee, herbal tea cocoa, red wine
- Calcium: dairy foods and calcium supplements



CALCIUM BOOSTERS

- Milk
- Cheese: cheddar, ricotta, cottage, quark
- Yogurt
- Skim milk powder
- Salmon, canned, with bones
- Sardines
- Tofu, firm
- Soy Beverage, fortified
- Almonds
- Greens: broccoli, bok choy, collards, kale, okra
- Figs
- Blackstrap molasses

*Many milks and margarines are fortified with Vitamin D.

Salmon and sardines are a good source of Vitamin D.



Carbohydrate-Protein Recovery Snacks

(Approximately 50 grams CHO + 10 grams Protein)

Focus on CHO-rich foods:

- 2 cups fruit yogurt
 - 1 tin liquid meal supplement, check for protein and CHO
 - Breakfast Anytime®
 - 2 cups fruit smoothie
 - 2 cups of cereal + milk or yogurt + fruit
 - 2 cereal bars, check labels for CHO content + 1 cup chocolate milk
 - 2 bread rolls, with cheese or lean meat filling + fruit or milk
 - Large baked potato, cottage cheese topping + fruit
 - 2 toast, scones or English muffins with jam/honey + milk
 - 2 slices thick crust pizza, no dipping sauces + milk or fruit
 - 350 ml chocolate milk + 2 Fig Newtons®
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- Have carbohydrate-protein recovery snacks within 30 minutes after exercise
 - It takes 24 to 48 hours to fully replenish glycogen stores in liver and muscle
 - A small amount of protein assists with muscle repair and to replenish glycogen stores
 - Remember to rehydrate



Carbohydrate-Rich Pre-Competition Snacks

(Approximately 50 grams carbohydrates)

Focus on easy-to-digest, low fibre, low fat, carbohydrate-rich food choices:

- Cereal with milk or yogurt
- Toast, muffins or scones with jam
- Bagel with jelly
- Rice or Tapioca pudding with canned fruit
- Spaghetti or rice with tomato-based sauce
- Cereal bar, with fruit or juice
- Honey sandwich
- Fresh fruit with yogurt
- Fruit Smoothie
- Pancakes with syrup
- Liquid meal supplements
- Sport drinks, gels