

## What Should I Eat During Activity?

Proper nutrition and hydration during activity will help improve your mental and physical performance while you train and compete.

If you are active for less than an hour, you do not need to eat during activity so long as you eat enough food before you start.

You may need to eat during activity to provide energy to your brain and muscles if:

- You are involved in an intense, nonstop endurance activity that lasts longer than one hour (such as running, cycling or cross country skiing).
- You have only eaten a small meal or snack before activity and you run out of energy.

**If you are doing an intense activity for more than one hour, you can aim to eat 30–60 g of carbohydrate per hour.** You also need to drink enough fluid to stay hydrated.

You can spread out this carbohydrate intake by snacking on food, sipping a sports drink or a combination of both.

During a competition, always eat familiar foods that do not give you an upset stomach or cramps while you are active. Do not try a new food during a competition! Test new foods during training instead.

Examples of food choices for carbohydrates include:

- 1 large banana (30 g carbohydrate)
- 1 medium orange (12 g carbohydrate)
- 250 mL (1 cup) watermelon (11 g carbohydrate)
- 8 dried apricots (26 g carbohydrate)
- 1 small box (28 g) raisins (22 g carbohydrate)

### Should I Use Sports Food Products?

Food products such as sports gels, beans, chews and bars can help you replace blood sugar and electrolytes (sodium and potassium) during intense activity that lasts more than an hour. However, these products do not keep you hydrated when you sweat a lot so you need to drink water at the same time.

Sports food products are only helpful during activity. They are not healthy food choices before or after activity because they are low in fibre and high in sugar and calories. It is better to choose real foods at these times.

If you choose to consume sports food products during intense activity, be sure to:

- Use the Nutrition Facts table to work out the portion of the product you need to get 30–60 grams of carbohydrate per hour of intense activity.
- Choose items that have no caffeine or sugar substitutes or you may get an upset stomach.
- Drink enough water (125 mL (½ cup) every 15 minutes) at the same time.

## What Should I Eat After Activity?

Proper nutrition and hydration are important after activity, training, or competition to refuel your muscles and repair tissue. To refuel your muscles, you need to eat carbohydrate and protein when you are hungry for your next meal or snack.

<b>Carbohydrate rich foods:</b>	<b>Protein rich foods:</b>
Fresh, frozen, or canned fruit	Lean meat
100% fruit juice or dried fruit	Fish
Bread, bun, pita, flat bread, or bagels	Poultry
Cereal	Tofu
Pasta	Beans and lentils
Rice	Nuts, seeds, or nut/seed butter
Couscous	Cheese (20% M.F. or less)
Quinoa	Cottage cheese (2% M.F. or less)
1% or skim milk or unsweetened fortified soy beverage	1% or skim milk or unsweetened fortified soy beverage
Yogurt 2% M.F. or less	Greek yogurt (2% M.F. or less)

### Meal and snack ideas include:

- 1 medium banana with 250 mL (1 cup) of skim or 1% milk
- 175 mL (¾ cup) bowl of granola with 250 mL (1 cup) of skim or 1% milk
- 175 mL (¾ cup low fat yogurt) with 125 mL (½ cup) of fresh berries
- 1 slice wholegrain toast with 15 mL (1 Tbsp) peanut butter and 1 small apple

### How Soon Should I Eat After Activity?

The timing of your snack or meal after activity depends on how soon you will be active again.

#### If you have less than 24 hours until your next activity:

Eat foods that provide both carbohydrate and protein within 30 minutes of your activity. It is important to eat within this time to make sure your muscles fill up their energy stores.

#### If you have more than 24 hours until your next activity:

Eat foods that provide carbohydrate and protein when you are hungry for your next regular meal or snack. There is no need to eat within 30 minutes of activity if you are not hungry.