

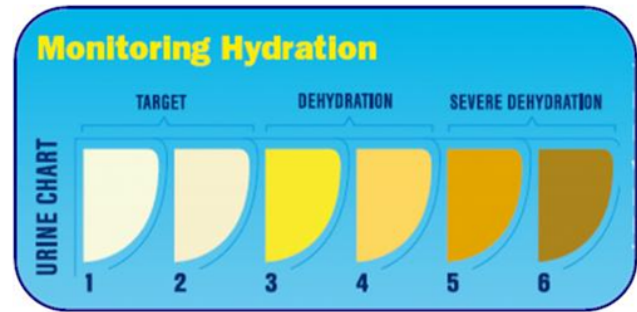
# Power Fuel Nutrition: How To Fuel Your Body Right!

## Hydrate

- Drink Sport Drink for activities lasting >1 hour
- You need 24 hours to REHYDRATE if you get dehydrated
- Thirst = dehydrated already!!
- Drink on a regular schedule and don't wait for thirst

## Monitor Fluid Status:

- Urine color: very practical!!
- Weight before and after exercise, the difference = amount of fluid loss



## ENERGIZE!

- Eat a healthy breakfast every day
- Eat a variety of foods and complex carbs at each meal (carbs = power fuel for athletes)
- Include complex carbs in your snacks
- Drink plenty of fluids

Plan meals emphasizing a variety of foods (**grains, fruits & veggies, milk, meat & alternatives**)

- Important to have a good balance of all the nutrients!
- Try to include foods in the chart below

Complex Carbohydrates	Protein Choices	Fat Choices
Breads & cereals Pasta, couscous Quinoa, barley, millet, oats Peas, lentils, beans, hummus <b>Starchy vegetables:</b> potatoes, sweet potatoes corn, squash	Lean meats Eggs Milk Low fat yogurt & cheese Quinoa (complete protein) Chickpeas, lentils, beans Nuts and seeds Some grains	<b>Plant sources:</b> Avocado Olive/sunflower oil <b>Omega-3 sources:</b> Omega 3 eggs/milk Fatty fish (salmon, trout, sardines) Flaxseed Soybeans Walnuts
<b>Top 10 items for Peak Health!</b>		
Water Leafy greens & orange/red vegetables Citrus fruits and berries Yogurt, milk Omega 3 enriched eggs	Fatty fish/Flax seeds Whole grains and cereals Nuts and seed Beans Canola, soy and olive oils	

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	Pregame	During	After
Fluid	<p>Drink regularly during the day</p> <p>Drink 1-2 cups 2 hours before the event</p> <p>Start sipping on sports drink 1 hour before game (total 1-2 cups)</p> <p>Avoid too much caffeine</p>	<p>Drink small sips every 10-20 min if possible</p> <p>Drink enough to maintain weight (ideally at least 500ml during the game)</p> <p>Activity under 60min: WATER</p> <p>Activity over 60min: WATER + Carbs (Consider a Sports drink)</p>	<p>Rule of thumb:</p> <p>Drink 2-3 cups of fluid per pound lost</p>
Food	<p>The closer the event, the smaller the amount of food and fluid recommended:</p> <p>Large meals: 3-4 hours</p> <p>Large snack: 2-3 hours</p> <p>Small snack: 1-2 hours</p> <p>Choose foods you already know and have tried &amp; tested during training periods</p> <p>Meals that are high in carbohydrates, low in protein and fat are easier to digest</p> <p><b>DO NOT SKIP MEALS!!</b></p>	<p>Foods that you know you can tolerate during exercise:</p> <p>Fruits</p> <p>Yogurt drink</p> <p>Granola bar</p> <p>Snack bag: cereal, nuts, yogurt, dry fruits, dark chocolate (be creative!)</p>	<p><b>The Recovery Window</b> 15-30min after exercise: muscles most receptive to refuelling</p> <p><b>Refuel with Carbs/Protein Combo:</b> Bread &amp; peanut butter Hummus &amp; pita Pasta &amp; meat sauce Chocolate milk Fruit &amp; Greek yogurt</p>