



# Sport Nutrition

Tip of the Month | June 2011



## Meal Preparation:

## Planning Pre-Exercise Meals from “At Home” to “On the Go”

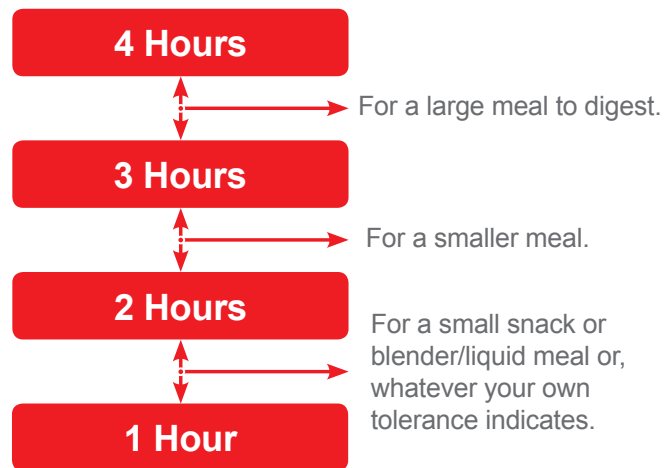
Eating out is not the only option when an active schedule has you on the go. A little preparation can go a long way. Planning meals, whether for at home or on the go helps ensure an athlete (at any level) receives the proper nutrition, which is a factor in athletic performance both on and off the field.

Meal preparation isn't just about what you eat, but also WHEN you eat. Enjoying your favourite pre-sport meal can boost your confidence and your performance — when you choose wisely!

Now that you know WHEN to eat, below you will find meal ideas that will not only help you plan WHAT to eat, but will also provide adequate energy and nutrition. This easy to follow chart will help you plan your pre-exercise nutrition by providing food suggestions based on the time you have available before exercise.

Not sure how long you should leave between a meal and engaging in physical activity?

Follow these simple guidelines:



### THINGS TO KEEP IN MIND

Meals should:

- be high carbohydrate, moderate protein, and low fat
- be easy to digest;
- include foods and fluids that are familiar, tolerable and enjoyable



Continued...





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Timing of Meal/Snack Before Exercise	Food Guidelines	Food Examples with Nutritional Information
3 to 4 hours Regular Meal	Limit fried foods, Decrease fat 500-800 kcals 60-70% CHO 5-8 CHO choices 1-2 protein choices	Cold pasta salad (2 cups pasta shells, ½ cup broccoli (steamed), ½ cup cherry tomatoes, 2 tbsp parmesan cheese, 1 tbsp olive oil) <b>599 kcals/91g CHO   61% CHO   6 CHO choices   1 protein choice</b>  2 cups pasta topped with ¾ cup tomato based sauce and 4 lean (2oz) meatballs <b>799 kcals/125g CHO   60% CHO   7.5 CHO choices   1 protein choice</b>
2 to 3 hours Smaller Meal	300-500 kcals 70-75% CHO 3-6 CHO choices 1-2 protein choices	1 lean meat sandwich* with a lean filling of choice (½ cup tuna or chicken), veggies (lettuce, tomato, pickle), mustard/mayo. 1 banana <b>442 kcals/74g CHO   70% CHO   5 CHO choices   1 protein choice</b>  2 toasted English muffins* + 1.5 tbsp honey/jam/syrup. ¼ cup almonds <b>484 kcals/85g CHO   70% CHO   5.5 CHO choices   1 protein choice</b>
1 to 2 hours Snack	200-300 kcals 75-80% CHO 2-4 CHO choices 0.5-1 protein choices	Low fat cereal bar** /muesli bar/sports bar + banana <b>200 kcals/38g CHO   75% CHO   2.5 CHO choices   ½ protein choice</b>  1.5 cup lower fibre* breakfast cereal + ½ cup reduced fat milk + ½ cup fruit (*choose types like Shreddies, Vector or use ½ cup muesli, or low fat granola**) <b>273 kcals/55g CHO   80% CHO   3.5 CHO choices   ½ protein choice</b>
Less than 1 hour Small Snack	100-200 kcals 85-100% CHO 2-3 CHO choices	1 gel (32 g) <b>100 kcal/25g CHO   78% CHO   2 CHO choices</b>  Smoothie with ½ cup juice + ½ cup low fat milk + ½ banana + ¾ cup fruit of choice*** <b>approx. 200 kcals/50g CHO   85% CHO   3 CHO choices   ½ protein choice</b>
Less than 30 minutes Mini Snack	50-100 kcals 85-100% CHO 1-2 CHO choices	1-1.5 cup sports drink <b>80 kcals/21g CHO   1.5 CHO choices</b>  1 cup 100% fruit/vegetable juice*** <b>approx. 100 kcals/27g CHO   90% CHO   2 CHO choices</b>

CHO = Carbohydrate

\*choose white breads or low fibre cereals with < 4g fibre/serving

\*\*choose lower fat cereal/granola bars with < 4g fat/serving

\*\*\*fibre content may vary with fruit choices

