Fueling for Sports Nutrition

What to Eat Before Activity

Eat a meal, including all 4 food groups from Canada’s Food Guide, 2–3 hours before activity

OR

Eat a snack, including 2 food groups from Canada’s Food Guide, 1–2 hours before activity

Pre-Activity Foods

Choose foods that are higher in carbohydrates, moderate in protein, and lower in fat and fibre.
To prevent stomach upset, avoid deep fried and high fat foods.

Meals
- Roast beef, rice, vegetables, milk
- Toast, nut/seed butter, fruit, milk
- Poached egg on toast, shredded cheese, fruit salad
- Wrap with chicken breast or ham, fruit, milk

Snacks
- Low fat cottage cheese, fruit
- ½ meat sandwich
- Oatmeal, milk, fruit
- Granola bar, low fat yogurt, fruit

Test new foods and drinks during training sessions, not during competitions.

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