

Fueling for Sport Nutrition

What to Eat Before Activity



To give you energy and help prevent stomach upset

Choose foods that:

- ✓ contain carbohydrate and protein
- ✓ are lower in fat and fiber



- Fruit
- Fruit smoothie
- Yogurt
- Oatmeal
- Cereal
- Granola bar
- Egg and toast
- Lean meat in a wrap

2–3 Hours Before Activity

Meal: a variety of foods from Canada's food guide



1–2 Hours Before Activity

Snack: a variety of foods from Canada's food guide



Canada's food guide:

- ✓ vegetables & fruits
- ✓ whole grains
- ✓ protein foods



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