What to Eat During Activity

Most athletes do not need to eat during activity – it may cause stomach upset.

Some athletes participating in intense continuous activity lasting more than 60 minutes may need additional food with 30-60 grams of carbohydrate.

Examples:
- 1 large banana = 30 g
- 1 medium orange = 12 g
- 1 box (28 g) raisins = 22 g
- 4 dried apricots = 13 g

What to Eat After Activity

- If you have less than 24 hours before the next activity, eat carbohydrate and protein rich foods within 30 minutes.
- If you have longer than 24 hours, eat when you feel hungry.
- Pair a protein rich food with a carbohydrate rich food.

Protein rich foods:
- lean meat, fish, poultry, tofu
- nuts, seeds, nut butter
- cottage cheese, Greek yogurt, lower fat cheese
- beans, lentils

Carbohydrate rich foods:
- whole grain pasta, quinoa, rice
- whole grain bread, buns, pitas, wraps, bagels, cereals
- fruit, milk

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