

Sports Nutrition for the Yukon Athlete

“Stay Active. Eat Like a Champion.”¹



**A RESOURCE FOR YOUNG ATHLETES,
COACHES AND PARENTS**

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YUKON FIRST NATIONS DIETETIC INTERNSHIP PROGRAM
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Background

Healthy eating and good nutrition play key roles in health and well-being. This is very true for young athletes. This group needs proper nutrients for growth as well as enough energy for sports. Eating well and drinking enough fluids are just as important for top performance as a team practice or training plan. This booklet will address how important eating healthy is how to eat enough for a busy lifestyle. These busy people are involved in school, sports and many other activities.

This booklet was developed for male & female athletes (ages 9-18) who are already doing 30-90 minutes of physical activity at least three times per week. They are ready to make informed choices to support good nutrition for their active lifestyle. This book is also a tool for the coaches and parents of these athletes. It can be used as a tool to provide up-to-date information about the nutrition needs of this age group. Each individual athlete is unique, so the nutrition and hydration needs for each person may differ. Knowing what each athlete's nutrition needs are and learning what works for them will help them reach optimal nutrition.

This booklet will highlight the main nutrition concerns for this age group. It will also provide healthy and tasty meal and snack ideas. These nutrition tips will enhance training, performance and health.

Nutrition

Proper nutrition during the teenage years is very important. Youth need to have enough calories in the diet to allow for proper growth and development. For *youth athletes*, these needs are even higher, as they are also burning extra calories during physical activity¹.

Nutrients that give you energy are carbohydrate, protein and fat. Energy is required for peak performance. It is important to eat enough calories to meet the energy needs for activity. Carbohydrates are very important in providing this energy.

| Nutrient | % of Calories ² | Recommendation per kg of body weight ¹ |
|--------------|----------------------------|---------------------------------------------------|
| Carbohydrate | 45-55% | 6-10g |
| Protein | 10-35% | 1.2-1.7g |
| Fat | 20-35% | n/a |

The amount of carbohydrate and protein recommended is based on body weight. Percentages provide guidelines for the ratio of calories, which can be misleading¹. See examples in Appendix A.

Carbohydrates are stored in the muscles as *glycogen*. This is the energy that is burned during exercise and needs to be replaced after exercise.

Based on the chart above, a 60kg (132lb) athlete would need an average of 450 grams of carbohydrates each day. Below is a sample lunch meal and where carbohydrates can be found.

| Sample Lunch Meal | Quantity | Total Carbohydrate Content (grams) |
|---------------------|----------|------------------------------------|
| Milk | 1 cup | 15g |
| Turkey Sandwich | | |
| • Whole wheat bread | 2 slices | 30g |
| • Turkey | 50 grams | - |
| • Lettuce | 2 leaves | <1g |
| • Tomato | 2 slices | 5g |
| • Cheese | 1 slice | <1g |
| • Mayonnaise | 1 tsp. | - |
| Pasta Salad | | |
| • Pasta | 1 cup | 30g |
| • Mixed vegetables | ½ cup | 10g |
| • Salad Dressing | 1 tbsp. | - |
| Banana | 1 small | 20g |
| Total | | 110g |

Carbohydrate

Carbohydrates are the primary fuel source for physical activity. It is important to make sure that there are enough carbohydrates in your diet. Snacks are especially important if your competition or practice is a few hours before or after the next meal. Snacks provide energy for the activity and help you perform longer than if you had not eaten.

| When to eat ¹ ? | What to eat ¹ ? | Why ¹ ? |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Before practice/competition | | |
| About 1-2 hours | Fluids, carbohydrates, protein, a little fat <u>Examples:</u> Peanut butter sandwich on whole grain bread, a banana, and water, milk or juice A bowl of whole grain cereal with milk topped with fruit | Eating food that will easily digest and break down quickly will provide energy for the workout |
| After practice/competition | | |
| Within an hour | Fluids, carbohydrates, protein <u>Example:</u> Handful of almonds, glass of chocolate milk Whole grain pita with hummus and water | Drinking fluids and eating carbohydrates will replace glycogen stores and fluid that was used during the activity. The protein is helping to build and repair muscle tissue in the body. |

Protein

Protein helps to build muscle in the body. Eating quality proteins within an hour after performing strenuous exercise can help increase muscle building¹. Examples of protein sources can be found below.

Weight training, resistance exercises, and proper nutrition will help to build muscle¹. Extra protein beyond what the body needs will be stored in the body and will not build more muscle¹.

More Protein ≠ More Muscle

The requirement for protein intake is based on body weight (1.2-1.7g protein/kg body weight) and excess protein is of no benefit. A 60kg (132lbs) athlete needs an average of 80 grams of protein each day.

| What does 80 grams of protein look like? | | |
|------------------------------------------|----------|-------------------------------|
| Food Item | Quantity | Total Protein Content (grams) |
| Milk | 3 cups | 27 |
| Chicken breast | 75 grams | 12 |
| Eggs | 2 | 12 |
| Cheese | 50 grams | 9 |
| Pasta (cooked) | 1 cup | 8 |
| Peanut Butter | 2 Tbsp | 6 |
| Whole wheat bread | 2 slices | 6 |

What about Supplements?

Protein supplements are often very expensive and are no more effective in muscle building than eating real food¹.

Vitamins and Minerals

Vitamins and minerals are essential for health. Calcium, vitamin D and phosphorus all play important roles in bone development. Bone growth is rapid during teen years. These nutrients are vital for healthy, strong bones later in life³. This is why Eating Well with Canada's Food Guide recommends 3-4 servings of milk products for this age group⁴.

Iron carries oxygen to different parts of the body. This is essential for optimal athletic performance. Males also require iron to help develop lean mass and females require additional iron for menstruation⁵.

| Nutrient & Recommendation ² | Why it is important ^{3,6} | Where to find it ^{3,6} |
|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Calcium – 1300mg | Builds strong bones and teeth | Milk, yogurt, cheese, dark leafy greens, broccoli, fortified soy and rice milk |
| Vitamin D – 200IU | Strengthens bones because it helps calcium to be absorbed | Milk, egg yolk, fatty fish |
| Iron 8mg (9-13 yrs old) 11mg (boys 14-18) 15mg (girls 14-18) | Helps red blood cells carry oxygen to different parts of the body | Red meat, fish, poultry, dark green vegetables, nuts, fortified breads and cereals |
| Phosphorus – 1250mg | Helps build strong bones and teeth; helps the body make energy and function properly | Milk products, red meat, fish, poultry, whole grain bread, dried fruit, legumes and nuts |

Eating Well with Canada's Food Guide should provide the necessary vitamins and minerals needed to support regular exercise and growth.

Extra servings from food groups may be needed to meet energy needs. Choose whole grains, leafy greens and orange vegetables and lower fat milk products for extra energy. Look up your age and gender in the chart to figure out how many servings needed from each food group. Photocopy the food guide check list in the back to keep on track (Appendix B).

| | Children | Teens | |
|---------------------|--------------|---------|-------|
| Age | 9-13 | 14-18 | |
| Sex | Girls & Boys | Females | Males |
| Vegetables & Fruit | 6 | 7 | 8 |
| Grain Products | 6 | 6 | 7 |
| Milk & Alternatives | 3-4 | 3-4 | 3-4 |
| Meat & Alternatives | 1-2 | 2 | 3 |

Adapted from Eating Well with Canada's Food Guide⁴

Healthy Snack Ideas:

- Granola bar & banana
- Cheese & fruit cup
- Chocolate milk
- Dry cereal
- Crackers & peanut butter
- Yogurt & apple
- Trail mix
- Dried fruit

Tournament Tip #1

Eat meals with a healthy balance of carbohydrates, protein and fats 2-4 hours before a game or match to allow for digestion⁷

Fat

Fat should make up about 20-35% of total energy in the diet. It is important to choose healthy fats such as vegetable oils, salad dressing and margarine instead of unhealthy fats like butter or lard.

For most athletes, carbohydrates are used as the primary energy source during competition. Fat is essential for the highly trained endurance athlete. They are able to rely on fat stores for energy during very intense exercise^{1, 8}.

Did You Know...

Olympic swimmers can eat up to 12,000kcal per day during training and competition? These athletes are able to eat this much throughout the day because so many calories are burned through activity⁹.

Hydration

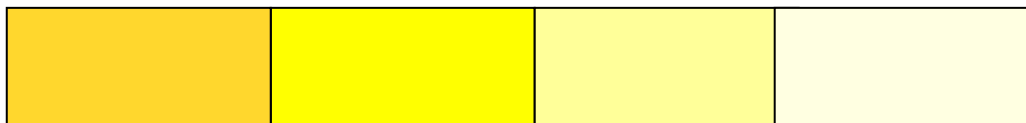
Consume fluids throughout the day every day to stay hydrated.

The amount of fluid you need depends a lot on how much fluid you lose (through sweat and urine). Fluid needs are specific to each athlete. Along with drinking fluids throughout the day, below are guidelines to help keep hydrated before an activity. Ex: 65kg athlete



| Time ¹ | Recommendation mL of water/kg body weight ¹ | Average amount |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------|
| 4 hours before activity | 5-7 mL/kg | ~400mL |
| 2 hours before activity If no urine has passed, or it is dark an concentrated | 3-5 mL/kg | ~250mL |
| During activity | Continue sipping on water (or a sports drink depnding on the length of activity) throughout the activity | Depends on sweat losses |
| Within 30 minutes to an hour after activity | Replace fluids lost along with a post exercise snack (see page | Depends on sweat losses and individual needs |

Color of urine as hydration increases



An easy way to tell if you have enough fluids is to check the color of your urine. The more clear, the more hydrated you are. Remember if you are thirsty, you may already be dehydrated! Symptoms of dehydration include: thirst, dark colored urine, fatigue, weakness and dizziness.

Did you know...

Drinking extreme amounts of much water can actually be bad for you? This causes an electrolyte imbalance called **hyponatremia**. This means that there is too much water in the body and blood sodium levels become too low¹. This is very rare and excessive amounts of water would need to be consumed. For example: a marathon runner experienced hyponatremia by drinking 10 litres of fluid the night before the race.

Symptoms include: bloated stomach, dizziness, swollen hands and feet, lack of coordination, confusion & disorientation and seizure¹⁰.

Cold Weather

Hydration is very important for athletes in many different environments. It is obvious that athletes competing in hot weather will need to replace fluids, but fluids are just as important for athletes competing in cold weather.



Hydration needs in cold weather may go unnoticed. It is harder to tell if an athlete is sweating or in need of hydration when the weather is cold.

Certain clothing or uniforms for cold weather can mask external signs of hydration need, such as sweating. Moreover, energy needs can also increase as the outside temperature drops¹¹. This is because our bodies are working harder to stay warm and in doing so burn more calories.

Since the environment is colder some moisture from our bodies is being lost in the air while breathing. Be sure to stay hydrated in whatever environment you may be practicing or competing in.

Tournament Tip #2

Keep snacks handy in a backpack or in the car (keep in air tight containers if needed) Ex: juice boxes, dried fruit, cereal with nuts & raisins and fruit cups⁷.

Sports Drinks

Sports drinks can be an excellent way to keep hydrated during intense and lengthy activities. These beverages are often flavoured and contain carbohydrate (sugar) and electrolytes (sodium and potassium).

Sports drinks do not contain vitamins.

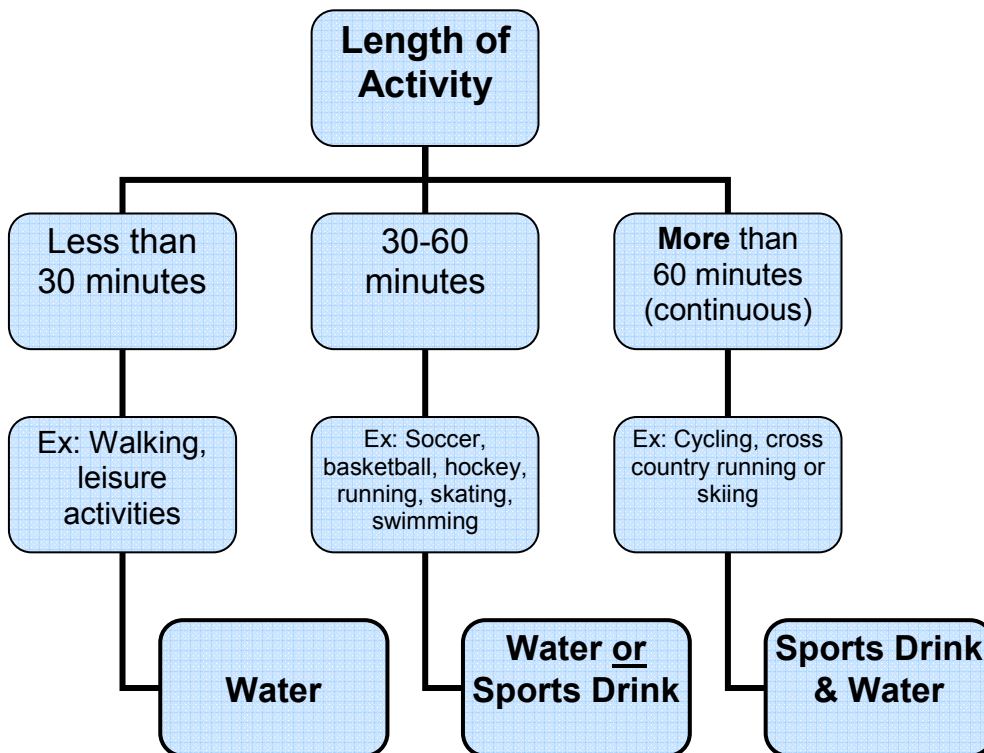
Drinking water throughout the day will help keep you hydrated before and during your event. Some people do not like the taste of plain water¹. Studies have shown that children and youth may drink more fluid if offered a sports drink than if offered plain water^{1, 12}.

Easy Homemade Sports Drink Recipe
(Makes 2 Litres)

½ cup orange juice
9 Tbsp. sugar
3/8 tsp. salt
2 Litres water

Some examples of sports drinks are: Gatorade®, PowerAde® and All Sport®

When do I need a sports drink?



Energy Drinks

Energy drinks are not the same as sports drinks. Energy drinks are often marketed towards athletes but they are not designed to hydrate the body & provide an energy source for muscles like sports drinks do. Energy drinks often have caffeine in amounts that exceed the recommendation for youth. The long-term effects of other ingredients that are often added to these beverages are not fully understood¹.

Some examples of energy drinks are: Red Bull Energy Drink®, SoBe Adrenaline Rush®, SoBe No Fear®, Hype Energy Drink®, Red Dragon Energy Drink® and YJ Stinger®

These beverages are not recommended for this age group at all. They should not be used for hydration or energy¹.

Do you skip breakfast?

It has been said before and it still rings true:

Breakfast is the most important meal of the day.

Imagine trying to drive your car without any gas. It won't make it very far. The same principle applies to the body. Food is the body's fuel. It is important to make sure that there is enough fuel to start the day. This is especially important if attending early morning practices or games.

Breakfast Ideas (Recipes in appendix D):

Fruit Smoothie
Oatmeal & Berries

French Toast & Turkey Bacon
Veggie & Cheese Omelet

Running Late? Try these breakfast on-the-go ideas

- ▣ Yogurt, fruit & granola
- ▣ Whole grain muffin, milk & fruit
- ▣ Even last night's leftovers can be a quick and balanced breakfast

No Time for a Healthy Lunch?

The Lunch time meal is just as important as any other meal. Try to create balanced meals that include servings from each of the four food groups. Packing a lunch is a great way to be sure that healthy foods will be eaten. Sandwiches, wraps, & pitas can be great ways to make healthy meals on-the-go.

Mix and match different ingredients to create a balanced and easy sandwich-based meal right for you. These are just examples. Be creative!

| | |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Grain Product (Choose one) | 2 slices of whole grain bread, whole wheat pita, whole wheat tortilla |
| Meat Product (Choose one) | 2oz. of turkey, ham, chicken, roast beef, tuna, or salmon. 1-2Tbsp of peanut butter or hummus 1-2 hardboiled eggs (diced) |
| Vegetable & Fruit (Choose 1 or more) | Lettuce, tomato, green & red peppers, avocado, diced pears or apple, cucumber, shredded carrot, celery, and banana |
| Milk Products (Choose one) | Sliced cheese |
| Fat/Spread (Choose one) | 1 tsp of mayonnaise, margarine or salad dressing |

TIP: Add milk or chocolate milk & a piece of fruit to your meal for added vitamins and minerals.

Soups, salads and leftovers are also great choices for lunch. Be sure to keep food at the proper temperature and use microwave-safe containers if reheating.

What is carbohydrate-loading?

Increasing carbohydrate intake for a few days leading up to a competition can help to keep more energy stored in muscles as glycogen. This does not mean that eating a whole plate of pasta before a game or match is going help in performance.

Building up energy in the muscles is helpful if:

- the exercise is longer than 90 minutes and
- performed at a high intensity (ex: marathon runners, cyclists, triathletes)¹.

By increasing carbohydrate intake to:

- 8-11g/kg of body weight per day and
- reducing exercise one to three days before the event can help in performance¹.

Tournament Tip # 3

Stick to eating familiar foods before a competition. Trying new foods could lead to stomach upset⁷.

“A good diet does not make an average athlete great, but... a poor diet can make a great athlete average.”

–Dr. David Costill

Professor of Exercise Science at Ball State University, Indiana

For more information regarding sports nutrition contact your local dietitian or visit these websites:

Dietitians of Canada
Health Canada
Coaching Association of Canada

www.dietitians.ca
www.hc-sc.gc.ca
www.coach.ca

APPENDIX A – Nutrient breakdown examples

The recommended ratio of nutrients can be misleading. Below are examples of how an athlete can eat the correct percentages of nutrients but not necessarily be consuming enough calories.

Example 1: 70kg (154lbs) athlete eating a 2000kcal diet

| Nutrient | % of Diet | g/kg body weight | Did they meet the recommendation? |
|--------------|-----------|------------------|-----------------------------------|
| Carbohydrate | 55% | 3.9g/kg | NO |
| Protein | 10% | 0.7g/kg | NO |
| Fat | 35% | n/a | YES |

This athlete ate the correct percentages of food, but it was **not enough**.

Example 2: 70kg (154lbs) athlete eating a 3500kcal diet

| Nutrient | % of Diet | g/kg body weight | Did they meet the recommendation? |
|--------------|-----------|------------------|-----------------------------------|
| Carbohydrate | 55% | 6.9g/kg | YES |
| Protein | 10% | 1.25g/kg | YES |
| Fat | 35% | n/a | YES |

This athlete ate **more calories** and was able to meet the recommendations for each category.

APPENDIX B

Food Guide Daily Serving Checklist (Photocopy checklist for each athlete and/or day)

Refer to Eating Well with Canada's Food Guide for more detailed information

| | Food Groups | | | | |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| | Vegetables & Fruit | Grain Products | Milk & Alternative | Meat & Alternatives | Oils & Fats |
| Examples = 1 Serving each | ½ c. fruit or vegetables 1 c. leafy greens ½ c. pure juice | 1 slice of bread ½ bagel ½ c. cooked pasta or rice | 1 c. milk ¾ c. yogurt 1 ½ oz. cheese | 2 ½ oz. cooked fish, poultry or meat 2 eggs 2 tbsp. peanut butter ¾ c. legumes | Limit to 2-3 tbsp. per day Ex: oil, salad dressing, mayonnaise, margarine |
| Ex: Breakfast 2 egg omelet (½ c. vegetables, ¾oz. cheese), 1c. milk, 2 pieces of toast with margarine, ½c. juice | 2 | 2 | 1 ½ | 1 | 1 |
| Breakfast | | | | | |
| Snack | | | | | |
| Lunch | | | | | |
| Snack | | | | | |
| Supper | | | | | |
| Snack | | | | | |
| Total Servings | | | | | |

APPENDIX C – Sample Meal Plans (1 Day)

Athlete #1 - Ideal for gymnasts, and figure skaters¹³

| Food ¹⁴ | Amount ¹⁴ | Food Group Serving ¹⁴ |
|----------------------------|----------------------|----------------------------------|
| Breakfast | | |
| 10cm whole wheat pancake | 2 pancakes | 2 Grain Products (GP) |
| Orange juice | 125mL | 1 Vegetables & Fruit (VF) |
| Blueberries | 125mL | 1VF |
| Milk | 125mL | ½ Milk Product (M) |
| Scrambled egg with milk | 1 egg 60mL | ½ Meat & Alternative (MA) ¼ M |
| margarine/butter | 15mL | 1Oils & Fats (OF) |
| Snack | | |
| Apple/banana (small) | 1 fruit | 1VF |
| Lunch | | |
| Pita bread | 1 pita | 2GP |
| Raw vegetables | 125mL | 1VF |
| Milk | 125mL | ½ M |
| Tuna | 125mL | 1MA |
| Mayonnaise in tuna | 10mL | 1OF |
| Snack | | |
| Multigrain date bread | 1 slice | 1GP |
| Milk | 250mL | 1M |
| Supper | | |
| Cooked brown rice | 125mL | 1GP |
| Mushrooms and celery | 125mL | 1VF |
| Broccoli for stir-fry | 125mL | 1VF |
| Beef for stir-fry | 75g | 1MA |
| Peaches | 125mL | 1VF |
| Yogurt topping | 100mL | ½ M |
| Oil for stir-fry | 10mL | 1OF |
| Snack | | |
| Oatmeal cookie | 15g | ½ GP |
| Milk-based hot chocolate | 125mL | ½ M |

Adapted from Coaching Association of Canada – From training diets to meal plans¹⁴

| | |
|----------------------|--------------|
| Vegetable & Fruit | 7 servings |
| Grain Products | 6 ½ servings |
| Milk Products | 3 ¼ servings |
| Meats & Alternatives | 2 ½ servings |
| Oils & Fats | 3 servings |

Athlete #2 - Ideal for **most athletes**¹³

| Food ¹⁴ | Amount ¹⁴ | Food Group Serving ¹⁴ |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast 10cm whole wheat pancake Orange juice Blueberries Milk Scrambled egg with milk margarine/butter | 3 pancakes 125mL 125mL 250mL 2 eggs 100mL 15mL | 3 Grain Products (GP) 1Vegetables & Fruit (VF) 1VF 1Milk Product (M) 1Meat & Alternative (MA) 1/3 M 1Oils & Fats (OF) |
| Snack Apple/banana (small) | 2 fruit | 2VF |
| Lunch Pita bread Raw vegetables Milk Tuna Mayonnaise in tuna | 1.5 pita 250mL 250mL 125mL 15mL | 3GP 2VF 1M 1MA 1OF |
| Snack Multigrain date bread Milk | 2 slices 250mL | 2GP 1M |
| Supper Bread roll Cooked brown rice Mushrooms and celery Broccoli for stir-fry Beef for stir-fry Peaches Yogurt topping Oil for stir-fry | 250mL 125mL 250mL 75g 250mL 100mL 15mL | 2GP 1VF 2VF 1MA 2VF ½ M 1OF |
| Snack Oatmeal cookie Milk-based hot chocolate | 30g 125mL | 1GP ½ M |

Adapted from Coaching Association of Canada – From training diets to meal plans¹⁴

| | |
|----------------------|----------------|
| Vegetable & Fruit | 11 servings |
| Grain Products | 11 servings |
| Milk Products | 4 1/3 servings |
| Meats & Alternatives | 3 servings |
| Oils & Fats | 3 servings |

Athlete #3 - Ideal for competitive **endurance athletes** (ie: cyclists training for competition, cross-country runner or skier, triathletes¹³)

| Food ¹⁴ | Amount ¹⁴ | Food Group Serving ¹⁴ |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast 10cm whole wheat pancake Orange juice Blueberries Milk Scrambled egg with milk margarine/butter | 6 pancakes 250mL 250mL 250mL 3 eggs 125mL 45mL | 6 Grain Products (GP) 2 Vegetables & Fruit (VF) 2VF 1 Milk Product (M) 1 ½ Meat & Alternative (MA) ½ M 3 Oils & Fats (OF) |
| Snack Low-fat muffin (small) Apple/banana (small) | 1 muffin 2 fruit | 2GP 2VF |
| Lunch Pita bread Raw vegetables Milk Tuna Mayonnaise in tuna Salad dressing veggie dip | 2 pita 500mL 250mL 125mL 15mL 30mL | 4GP 4VF 1M 1MA 1OF 2OF |
| Snack Multigrain date bread Milk Fruit for smoothie | 3 slices 250mL 250mL | 3GP 1M 2VF |
| Supper Bread roll Cooked brown rice Mushrooms and celery Broccoli for stir-fry Vegetable juice Beef for stir-fry Peaches Yogurt topping Oil for stir-fry Margarine | 1 roll 375mL 125mL 250mL 250mL 115g 250mL 175mL 15mL 10mL | 2GP 3GP 1VF 2VF 2VF 1 ½ MA 2VF 1 M 1OF 1OF |
| Snack Oatmeal cookie Milk-based hot chocolate | 60g 250mL | 2GP 1 M |

Adapted from Coaching Association of Canada – From training diets to meal plans¹⁴

| | |
|----------------------|--------------|
| Vegetable & Fruit | 19 servings |
| Grain Products | 22 servings |
| Milk Products | 5 ½ servings |
| Meats & Alternatives | 4 servings |
| Oils & Fats | 8 servings |

APPENDIX D – RECIPES

OATMEAL & BERRIES

½ c. oatmeal
½ c. milk
½ c. berries or other fruit

Prepare oatmeal as directed on the package, using milk. Top with berries or fruit. Change it up by topping with nuts, such as sliced almonds. Makes one serving.

FRENCH TOAST & TURKEY BACON

2 slices of whole grain bread
1 egg
1 tbsp. milk
2 slices of turkey bacon
Dash of cinnamon

Beat milk and egg in a bowl. Moisten bread on both sides and cook over medium heat on a non stick skillet until golden brown, turning once. Cook turkey bacon evenly on both sides. Sprinkle French toast with cinnamon top with fruit if desired. Makes one serving

OMELET & TOAST

2 eggs
½ c. diced veggies (pepper, onions, mushroom, broccoli, spinach)
¼ c. diced ham
2 slices of whole grain bread (toasted)
cheese

Beat eggs lightly and pour into a non stick skillet over medium-low heat. As the eggs begin to set add veggies and ham. Once eggs are set, carefully fold omelet over itself. Top with cheese and serve with toast. Makes one serving.

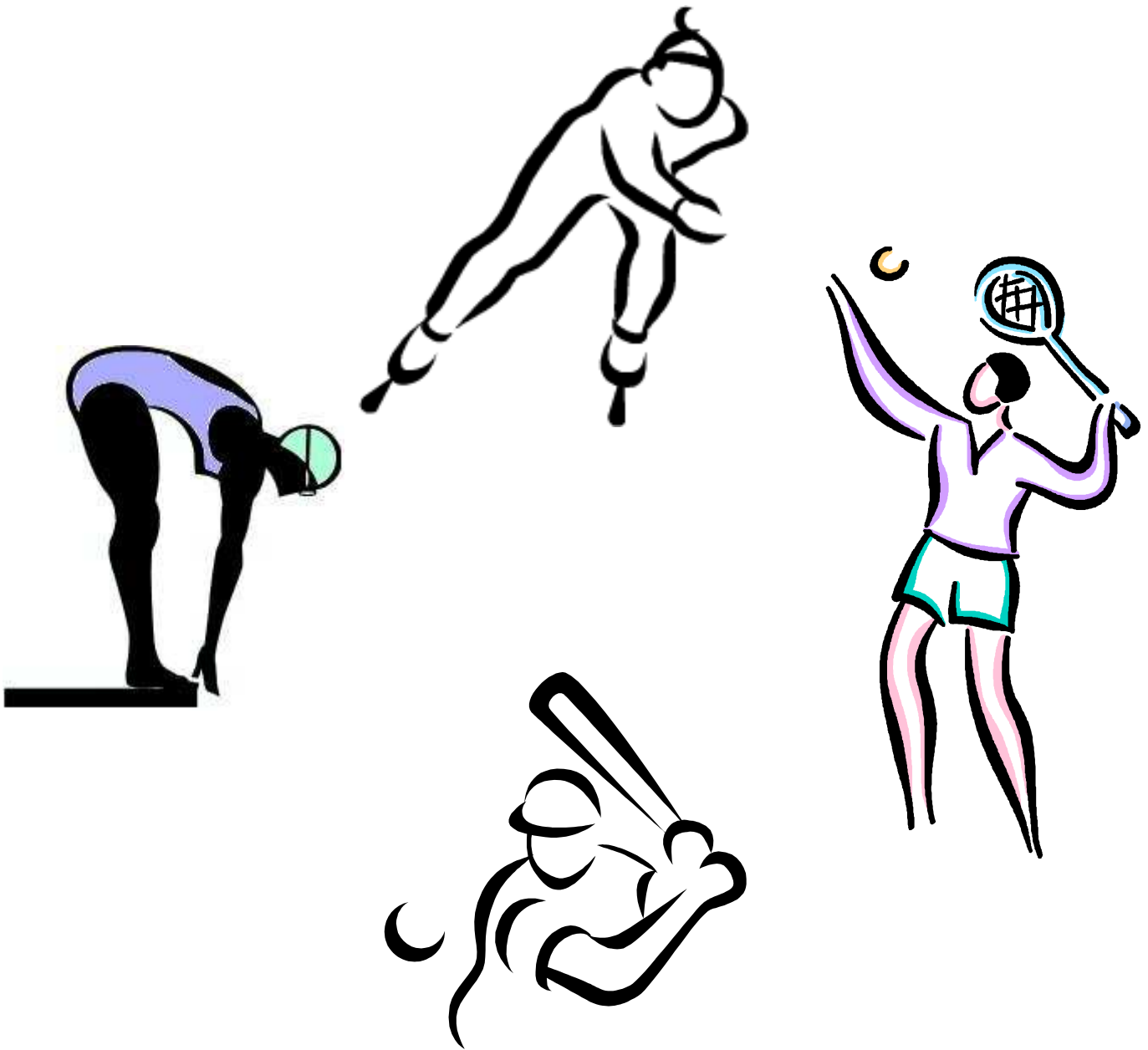
FRUIT SMOOTHIE

½ c. yogurt (any flavour)
½ c. orange juice or milk
½ banana
½ c. frozen berries

Combine all ingredients in a blender. Blend until smooth. Try different combinations of yogurt & fruits to change up the recipe. Add sliced almonds for extra protein and healthy fats. Makes one large smoothie.

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