FLUIDS

- Water is the preferred drink for most sports and for daily hydration

- Sports drinks (gatorade, powerade) should not be consumed as a daily beverage. Use when exercise is >60-90 mins, is higher intensity, or in very hot temperatures. You may make your own homemade sports drink if desired check out this link for some ideas http://www.fitday.com/fitness-articles/nutrition/healthy-eating/how-to-make-a-homemade-electrolyte-drink.html

- Juices offer a concentrated carb source along with some vitamins and minerals but they have NO fibre, so are absorbed very quickly and are high in calories without being filling. For this reason juices should be avoided on a regular basis. Juices can be useful for exercise. 100% fruit/veg juices may be added to PRE or POST workout snacks, if and when fast absorbing carbohydrates, are needed. During exercise juices/juice dilutions should be used following the same guidelines as with sports drinks. Note that juices may cause some athletes tummy aches during exercise due to the higher sugar load. The concentration in Sports drinks are designed to better prevent this.

- Sodas are loaded with sugar and offer no nutrition. They also have added chemicals BOOOO!

- Milk is a good beverage any time. It has a good combo of protein, fat, carbs and vitamins and minerals. It has less carbs than chocolate milk, so you may want to add a fruit, bread or some cereal to your PRE or POST exercise snack. Lower fat milk will be better tolerated and absorbed before and after exercise (2% or less).

- Chocolate milk is best as a POST sport beverage because it has a good combo of PROTEIN and CARBS for recovery and has the other benefits of milk like calcium and sodium and Vitamin D. May be used PRE workout as well.

Performance Nutrition Fundamentals

3-4 hours before play = Performance Meal = BALANCED PLATE, FLUIDS
1-2 hours PRE play = FLUIDS, CARBS, some PROTEIN, little fat or fibre
DURING Play = FLUIDS, small amounts of SIMPLE CARBS and ELECTROLYTES
1 hour POST Play Recovery = Balanced meal/snack PROTEIN, CARBS, FLUIDS

- As a general rule try to get a source of Carbohydrate **~ 1 hour before** exercise for fuel and a Protein and Carb source **within ~1 hour after** exercise is completed for best recovery.

- Drink plenty of Fluids pre, during and post to stay hydrated. Add an electrolyte beverage if exercise is >60 mins at high intensity.

PRE GAME

MEALS Meals should be eaten > 2 hours before exercise to avoid digestive disturbances. May Top up with a small carb snack just before game	SNACKS **Smaller snacks can be eaten right before exercise ***Larger snacks ~1-2 hours before
Sandwich or wrap with lean meat, 1 slice of cheese, lettuce, tomato with a glass of milk and a fruit	** Smoothie made with milk, fruit, veg and yogurt
Whole grain pasta with tomato sauce	** Cottage cheese with fruit or apple sauce
Quinoa salad with veggies and cheese	** Piece of fruit, fruit cup in light syrup, or dried fruits with glass of water or 1/2 glass milk
Vegetable soup or Stuffed pepper with rice or barley (avoid beans/legumes)	** Chocolate milk, rice pudding, or fruit popsicle
Loaded Baked sweet potato with Greek yogurt, cheese and chives	** Small cookie/muffin, crackers, granola bar, Baggie of low fibre dry cereal
Toast with nut butter and banana or French Toast with a glass of milk and fruit	*** Hard boiled egg or 1 oz cheese with a slice of bread or crackers and a glass of milk or juice *** Pita with hummus and salsa
Low fibre cereal or oatmeal with fruit and milk	*** Whole wheat bread, wrap, or 1/2 bagel with nut butter, cream cheese or slice of cheese with a glass of milk or juice
Omelet with veggies and potatoes/toast with a glass of milk or juice	*** Homemade pancakes, waffles, muffins, date squares, oatmeal cookies (avoid high fat, high fibre energy bars/baked goods)
Tofu Stiry fry with noodles or rice, or Lean grilled meat or fish with cooked veggies on rice	*** Yogurt with granola and berries

POST GAME

MEALS	SNACKS
Eat a source of PROTEIN and rich source of CARBOHYDRATE **within 1 hour** of completing exercise for best recovery results. Almost all of the PRE game meal and snack examples would work well for POST workout too. For meals and snacks that don't have much PROTEIN, adding in 1 serving of Milk or Greek yogurt will provide a good Protein source. Nuts and seeds, lentils and legumes and lean meats are other useful additions for POST workout Protein, Fruits or Juices or wholesome grains can be added as needed for additional carbohydrates	
Whole grain pasta/lasagna with meat sauce/or homemade pizza with with tomato, veggies and chicken	Cottage cheese with fruit/apple sauce
Quinoa salad with chickpeas and/or meat, veggies, and sprinkled feta	Piece of fruit, fruit cup in light syrup, or dried fruits with glass of water or 1/2 glass milk and 1-2 tbsp nut butter

POST GAME	
Bean and Vegetable soup/stew, Meat/bean Chili with a bun, or Stuffed pepper with rice or barley and lean meat	Chocolate milk (2 cups) or 1 cup Chocolate milk with Banana and nut butter
Loaded Baked sweet potato topped with Greek yogurt, cheese and chives and 1 chicken kabob	Small cookie/muffin, crackers, granola bar, Baggie of dry cereal with 2 cups milk or protein shake
Toast with nut butter and banana or French Toast with a glass of milk and fruit	Hard boiled egg or 1 oz cheese with a slice of bread or crackers with a glass of milk or juice
Cereal, pancakes or oatmeal with fruit and milk and nuts/seeds	Whole wheat bread, wrap, bagel with nut butter, cream cheese, lean meats, or slice of cheese with a glass of milk
Omelet with veggies, avocado and potatoes/ toast with a glass of milk or juice	Homemade high protein pancakes, waffles, muffins, breakfast cookies, energy balls
Tofu/Shrimp/Meat Stiry fry with noodles or rice, or Lean grilled meat or fish with cooked veggies on rice with a glass of milk or juice	Flavoured Greek Yogurt with granola, nuts and berries
Lean Burger on a bun with sweet potato fries/corn and cut up veggies	Smoothie made with milk, fruit, veg and yogurt (Add protein powder if you want)