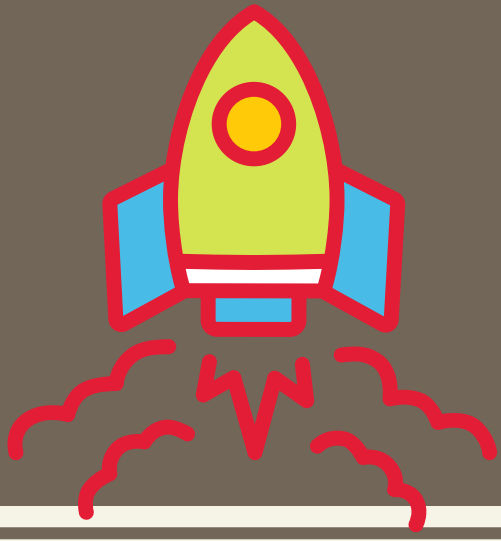


Fuel Your Game, Ignite Your Potential!



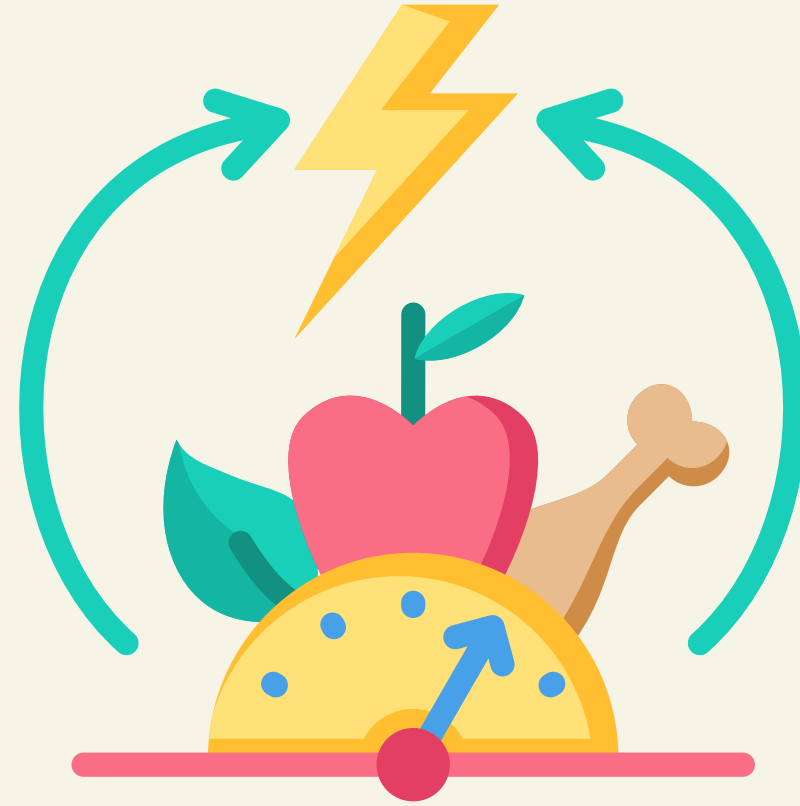
Tips to help fuel your sport



1 Think Balanced



- Fuel your body with a variety of foods from **Canada's Food Guide**.
- Include vegetables and fruits, carbohydrates, and proteins to meet energy and nutrient needs.

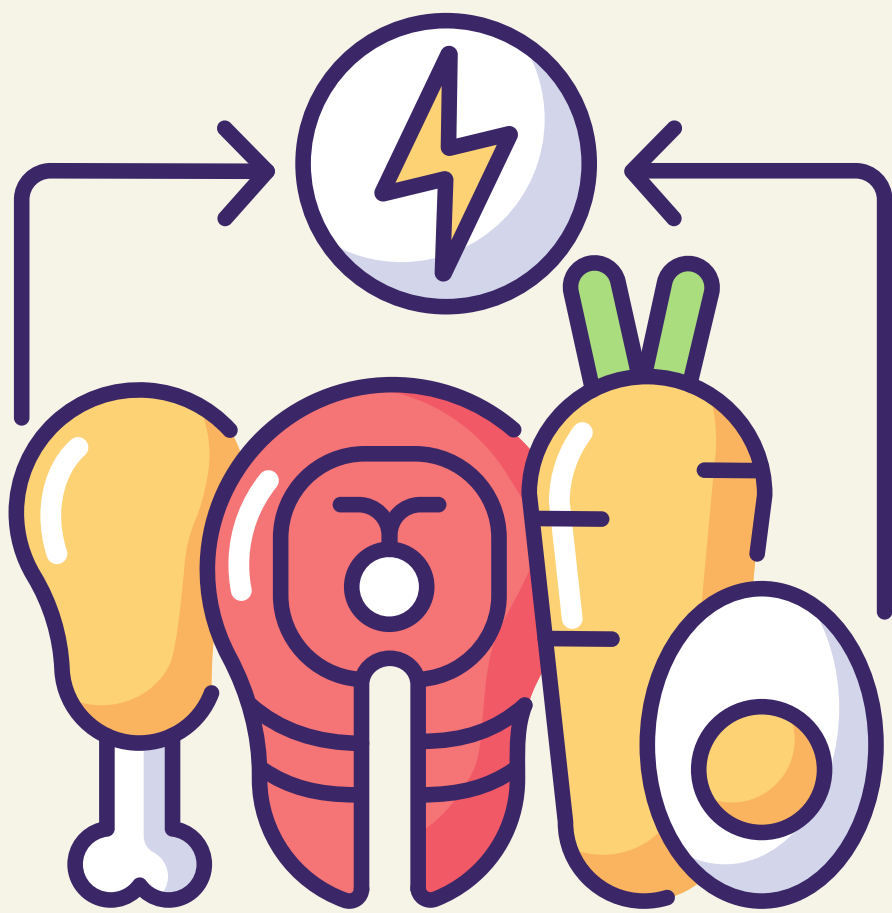


2 Pre-Event Plan for Performance

Have a meal 2-3 hours or a snack 1-2 hours before your event.

Eat complex carbohydrates (whole-grain pasta/bread), vegetables and fruit with protein (chicken, egg, tofu).

Snack Ideas: banana, granola bar, fruit smoothie or trail mix.



4 Post-Event Restore Energy

Carbohydrates and protein after the event help with muscle recovery and replenishes glycogen (energy) stores.

Ideas: whole grain pita with peanut butter and banana, chocolate milk.



5 Fuel Your Sports League

Request that foods and beverages from **Canada's Food Guide** be available at:

- canteens/cafeteria
- team snacks
- rewards
- tournaments and
- celebrations

Ideas: Fruit, yogurt, vegetables, whole grain crackers, milk, & cheese.



3 Stay Hydrated

Improve your performance and recovery.

- **During Activity:** Drink 150-300 mls of water every 15 to 20 min.
- **Activities more than 1 hour:** Consider a sports drink.
- **After Activity:** Drink 250-500 ml of water



6 Resources



SCAN ME

https://bit.ly/fuel_your_game

healthy lethbridge.ca/



Healthy Lethbridge