

NUTRITION AWAY FROM HOME

Targets:

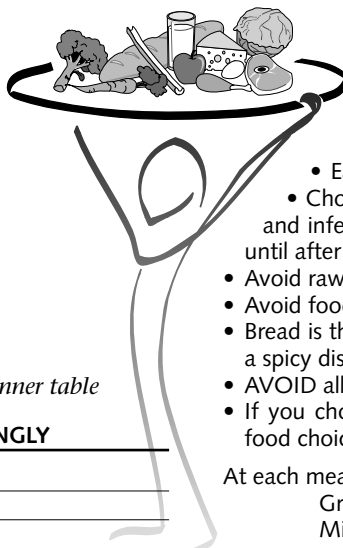
- ▶ **Balanced diet**
- ▶ **High carbohydrate, adequate protein and fat**
- ▶ **Adequate fluid intake**
- ▶ **Minimal chance of a gastrointestinal problem**

You worked hard to get here — don't blow it at the dinner table

BEST CHOICES	USE SPARINGLY
BREAKFAST	
Cereal	Cream
Yogurt - low fat plain or fruit	
Fruit	
French toast and pancakes	Butter or margarine
Egg dishes - not fried	Fried eggs
Ham and steak - if lean/not fried	Bacon, sausage
Fish - not fried	Fried fish/fish sticks
Potato - not fried	French fried/hash browns
Rice - not fried	Fried rice
Toast	Donuts, Danishes, pastries
Muffins/bagels - try jam or jelly	Croissants
Beverages - Drink plenty of fluid!	
Bottled water	
Fruit Juice - fresh, cans, cartons	Fruit drinks
Low fat milk/fortified soy beverage	
LUNCH AND DINNER	
Fruit & Vegetables - fresh, canned	
Soups - use broth-based	Cream soups
Meat, Fish, Poultry - broiled, roasted, baked, barbecued, poached. (Sensible portions. Trim fat. Remove skin from chicken)	Fried meat, fish, poultry
Soy products	Deep-fried, battered
Vegetables - steamed, boiled, baked	Buttered, sautéed, creamed, fried, soufflé
Potatoes - baked, boiled, mashed	Fried potatoes
Rice - steamed, plain	Fried, butter, or cream sauce
Pasta/Noodles - plain/vegetable sauce	Butter or cream sauce
Bread - rolls, crackers, all breads	
Deli meats - turkey, chicken, lean beef, lean ham	Paté, sausages, processed meats, liverwurst
Salads - bean, fresh peeled vegetables, fruit salad, cottage cheese	Potato and macaroni salad, creamy coleslaw, salad dressing
Desserts - fruit, yogurt, custards, puddings	Pies, ice cream, pastries, cakes
Cheese - in moderation	

Food safety guidelines:

Foods that are to be eaten as hot (temperature) dishes, (e.g., meat, casseroles, rice) should not be served lukewarm. Foods that are to be eaten cold (e.g., deli meats, salads, sandwiches, milk, custard, etc.) should be served at a cold temperature. Bacteria reproduce quickly at room temperature. If the venue meals have been unrefrigerated, do NOT eat the mayo salads (e.g. macaroni, potato, or coleslaw)! Foods should be served either hot or cold and should be consumed within one hour.



Guidelines for travel in foreign countries:

- Eat only in restaurants recommended by Games Organizers.
- Choose fruit that can be peeled; the skin can contain bacteria and infectious agents. Don't cut through to the centre of the fruit until after it has been peeled and the knife has been washed.
- Avoid raw vegetables unless peeled.
- Avoid food served by street vendors.
- Bread is the best way to "put out the fire" in your mouth caused by a spicy dish.
- AVOID all raw fish, raw or partially cooked meat or poultry.
- If you choose to eat at fast food restaurants, be aware that many food choices in these restaurants are high in fat.

At each meal, choose from at least three of the following groups:

- | | |
|----------------|-----------------------|
| Grain products | Vegetables and fruit |
| Milk products | Meat and alternatives |

Pre-competition meal/snacks:

GOALS: **Physical comfort** **Mental alertness**

Purpose:

1. To prevent hunger before and during the event.
2. To ensure adequate blood sugar level.
3. To maximize fluid levels, particularly if risk of dehydration is high.
4. To supply food that is quickly and easily digested.
5. To allow foods athletes perceive will provide an advantage.

Try new foods or combinations during training, not before competition.

Size and composition of the meal and/or snack:

The size and items will vary according to the time between the meal/snack and the competition. Allow time for digestion. High calorie meals, especially those high in fat content, take longer to leave the stomach than lighter snacks.

Generally allow:

- 3-4 hours for a large meal to digest
- 2-3 hours for a smaller meal
- 1-2 hours for a small snack or blender/liquid meal or, whatever your own tolerance indicates.

1. Select foods that are well liked and familiar.
2. Choose foods that are rich in carbohydrate like pasta, cereal, dry cookies, bread, fruit.
3. Drink 400 – 600 mL of fluid 2 to 3 hours before exercise.
4. Drink 150 – 350 mL about 15 minutes before exercise.
250 mL = 1 cup = 8 fluid ounces

Be cautious when consuming these types of foods in your pre-competition meal/snack:

- Fat-rich foods, spicy foods, fibre-rich foods, gas producing foods, foods containing caffeine, alcoholic beverages.

If you will be competing within the next **two hours**:

- Small quantities of carbohydrates are the best choices – e.g., fruit, fruit/vegetable juices, bread, bagels, yogurt, pasta, etc.
- Drink water (when travelling, use bottled water).

Recovery:

As soon as possible after your competition for the day, re-hydrate, select high carbohydrate foods with some protein. Within 15 minutes is best.

- Drink beyond thirst. Exercise dulls the thirst mechanism.
- Select items such as fruit juice, sweet drinks, breads, fruit, yogurt.



SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

