



## Nutrition Resources

The following pages are a few resources provided to Team Ontario Beach by our dieticians at the Canadian Sports Institute of Ontario that we would like to share with the community to assist in helping club and community athletes best prepare themselves for optimal training and competition.

- Balanced Eating for Optimal Performance
- Athlete's Training Day Plates
- A few Recipes for Before, During, After, Exercise

Our current dietician is Nicole Springle, RD, the Lead of Sport Nutrition at the Canadian Sport Institute of Ontario. ([www.csiontario.ca](http://www.csiontario.ca))

# Balanced Eating for Optimal Energy & Performance: Combine Protein and Carbohydrates

Choose meals and snacks that combine protein and carbohydrate for lasting energy. The balance can keep you full longer, help reduce cravings, increase energy, and help keep you from overeating at your next meal. For best results, you should generally **avoid going longer than four hours without eating**, and look for a **minimum of 15-20g of protein** at each meal and **5-10g** at each snack. Size may vary depending on activity level.

CARBOHYDRATE	PROTEIN
<p><b>Grains and Starches (highest carb):</b></p> <ul style="list-style-type: none"> <li>Breads, bagels, buns (whole wheat or whole grain)</li> <li>Tortilla/fajita shells (same)</li> <li>Pitas (same)</li> <li>Crackers (choose whole grain, trans fat-free)</li> <li>Pasta (choose whole grain over white)</li> <li>Rice (choose brown or wild over white)</li> <li>Potatoes, sweet potatoes, yams, etc.</li> <li>Ancient grains: quinoa, spelt, amaranth, bulgur, etc.</li> <li>Barley, couscous</li> <li>Cereals (look for &gt;3 g fibre, &lt;8 g sugar per 30 g svg)</li> <li>Oats, oatmeal</li> <li>Cereal/granola bars (look for &gt;3 g fibre, &lt;8 g sugar)</li> <li>Rice milk</li> </ul> <p><b>Fruits (moderate carb):</b></p> <ul style="list-style-type: none"> <li>Fresh fruits, frozen fruits</li> <li>Canned fruits (choose less often; choose those canned in water or juice, rather than syrup)</li> <li>Dried fruits (no sugar added)</li> <li>Fruit juice (100% juice with no sugar added)</li> </ul> <p><b>Vegetables (lowest carb):</b></p> <ul style="list-style-type: none"> <li>Leafy greens</li> <li>Fresh vegetables</li> <li>Frozen vegetables</li> <li>Canned vegetables (choose less often; choose lower salt/sodium varieties)</li> <li>Vegetable/tomato juice (choose lower sodium)</li> <li>Tomato sauce (choose lower sodium)</li> </ul> <p><b>Carbohydrates – Notable exceptions:</b> While still carbohydrates, these foods are high in added sugars, and as a result can cause a quick rise in blood sugar, followed by a crash. They are also low in vitamins, minerals, and fibre.</p> <ul style="list-style-type: none"> <li>Candy</li> <li>Pop</li> <li>Syrup/Sugar/Jam/Jelly</li> <li>Chocolate bars</li> <li>Donuts, most pastries</li> </ul>	<p><b>Meats (highest protein):</b></p> <ul style="list-style-type: none"> <li>Fish (avoid deep-fried)</li> <li>Shellfish (avoid deep-fried)</li> <li>Turkey (choose skinless, white, roasted more often)</li> <li>Chicken (same)</li> <li>Pork/Ham (choose lean cuts, avoid sausages and processed meats)</li> <li>Beef (see pork)</li> <li>Ground beef (choose lean or x-lean), chicken, turkey</li> </ul> <p><b>Dairy and Eggs (moderate protein):</b></p> <ul style="list-style-type: none"> <li>Milk*</li> <li>Chocolate milk*</li> <li>Cheese</li> <li>Greek Yogurt/Yogurt* (choose plain more often), Kefir</li> <li>Cottage cheese</li> <li>Eggs, egg-beaters (egg whites)</li> </ul> <p><b>Nuts and Legumes (variable protein):</b></p> <ul style="list-style-type: none"> <li>Peanuts, peanut butter</li> <li>Nuts, nut butters (almonds, walnuts, etc.)</li> <li>Seeds (pumpkin, sunflower, hemp, chia, etc.)</li> <li>Beans* (brown, black, kidney, etc.)</li> <li>Lentils* and other legumes</li> <li>Chick peas*, hummus</li> <li>Soy beverage* (aka soy milk; choose plain more often)</li> <li>Soy nuts (dry-roasted soy beans)</li> <li>Tofu, tempeh, edamame</li> <li>Soy and tofu products (e.g. veggie dogs, soygurt, other meatless products)</li> </ul> <p><i>* Can serve as a protein &amp; a carbohydrate (combination food).</i></p> <p><b>Protein - Notable exceptions:</b> These choices do not have an appreciable amount of protein, and can be very high in saturated fat. Choose them sparingly, and don't consider them a protein source at your meal:</p> <ul style="list-style-type: none"> <li>Cream cheese</li> <li>Ice cream</li> <li>Sour cream</li> <li>Bacon</li> <li>Pepperoni</li> </ul>

# Balanced Snacking Ideas

## Snack from home or on the Road

- 100-175 g (1/3-3/4 cup) yogurt and a piece of fruit
- 1-2 oz. cheese and 4-6 whole wheat crackers or 1-3 *Lavash* crackers
- ½-3/4 cup low-fat cottage cheese and ½ cup blueberries, pineapple, etc.
- 1-2 Tbsp. peanut or almond butter with apple, banana, celery, etc.
- 1-2 cups plain milk, chocolate milk or soy beverage
- 1 mini can flavoured tuna or salmon and 4-6 whole grain crackers
- 10-23 almonds and 1 piece of fruit (apple, pear, 1 cup grapes, etc.)
- ¼ cup hummus and ½ cup fresh veggies or ½ whole wheat pita
- 1/3-1 cup whole grain cereal and ½ to 1 cup milk
- 1 hardboiled egg and a slice of toast or ½ cup chopped veggies
- 1-2 Tbsp. peanut/almond butter on whole wheat English muffin
- Banana and milk/soy beverage shake (see **Rapid Snack #1**)
- 1-2 cheese strings or Mini *Babybel* cheese with crackers, fruit, or veggies
- ½ cup plain yogurt and ¼ cup Bran Buds or low-fat granola + berries
- ½ cup unsweetened applesauce and ½ cup plain yogurt
- Bean burrito (see **Rapid Snack #2**)
- 1 cup quinoa or couscous salad with chick peas or other beans
- 2-4 slices lean deli meat or leftover meat on ½-1 whole wheat wrap
- ½ cup edamame or chick peas
- 1 cup cooked oatmeal, served with 3/4 cup milk or soy beverage
- 1 cup bean, lentil, or meat-based soup (look for at least 5 g protein)
- Cottage cheese, raisins, and sunflower seeds (see **Rapid Snack #3**)
- Energy bar (look for <250 calories, and 7-10 g protein)
- 1 slice toast or English muffin with 1 oz. light cheddar cheese and tomato
- ½ cup chopped veggies, dipped in ½ cup low-fat refried beans
- 1 cup meat or vegetarian chili
- ½ cup bean salad, made with red & white kidney beans, chick peas, and vinaigrette dressing (can buy pre-made)
- ¼ cup trail mix, made with dry-roasted soy beans (see **Rapid Snack #4**), and a piece of fruit
- ½ cup low-fat ricotta cheese and ½ cup raspberries or canned peaches
- ¼ pack of silken tofu with banana and OJ mixed in blender

## Fast Food, Cafeteria, or Restaurant Choices

- **Meat or vegetarian chili**
- **Garden salad with grilled chicken, turkey, egg, chick peas, cheese, etc.**
- **Container of cottage cheese, yogurt, milk, or chocolate milk and 1 fruit**
- **Meat or bean-based soup**
- **6" sub on whole-wheat with lean meat, veggies, and mustard**
- **Tuna, chicken, or ham pita or wrap**

## Rapid Snack #1 – Frozen Fruit Shakes

- 1 frozen banana (peel and freeze in a Ziploc bag when it turns brown)
- ¾ cup milk or soy beverage
- berries (fresh or frozen) to taste
- splash of orange juice

Combine all ingredients in a blender and blend until thick. Serve immediately.

## Rapid Snack #2 – Refried Bean Burrito

- ½ cup (4-6 generous tbsp) low-fat refried beans (try President's Choice)
- 6" or 12" whole wheat tortilla
- 1 oz. low-fat cheese
- ½ tomato, diced

Combine beans and cheese in a bowl and microwave for 1-2 minutes, until cheese is melted. Spread on ½ of tortilla and add tomato. Fold tortilla and cut into slices. Serve with low-fat sour cream and salsa.

## Rapid Snack #3 – PM "Hold Me Over"

- ½ cup low fat cottage cheese
- 2 Tbsp. raisins
- 2 Tbsp. sunflower seeds
- Cinnamon, to taste

Combine all ingredients in a small, re-sealable container. Use, as needed, to curb cravings and hunger, usually mid-afternoon, at work/school/practice/etc.

## Rapid Snack #4 – Trail Mix

- 2 parts dry-roasted soy beans
- 1 part raisins
- 1 parts bran buds
- 2 parts cereal (e.g. *Shreddies* or *Cheerios*)
- 1 part dry-roasted almonds or sunflower seeds

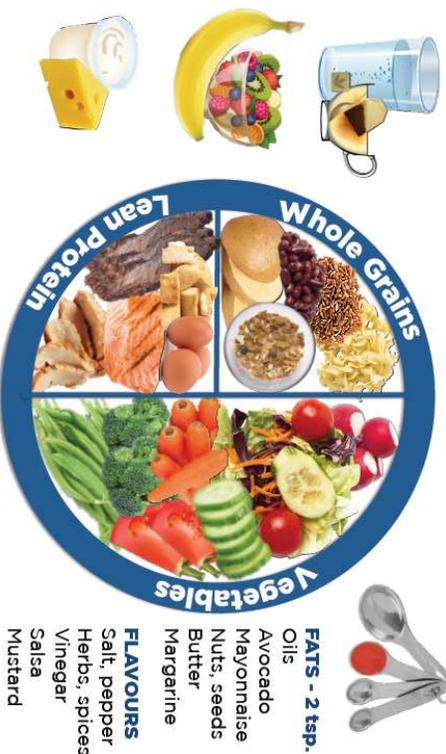
To reduce calories, include more cereal, and fewer dried fruits and nuts. Dry-roasted soy beans are a good lower-calorie alternative to other nuts. Serving size = ¼ cup (try to portion out individually if you are prone to overeating).

## Tips to make Better Snack Options

- For lasting fullness and energy, as well as to reduce cravings and overeating at home, combine protein and carbohydrate foods together at meals and snacks. Each of the snacks above contains both protein and carbs.
- When choosing meats, choose leaner cuts, like chicken, turkey, lean roast beef, or ham. Avoid sausages, salamis, bolognas, or other more highly-processed meats, which are much higher in total fat and saturated fat.
- With grains, look for 100% whole grain or whole wheat, rather than "enriched wheat flour".

# ATHLETE'S PLATES

## Easy/No Training Day

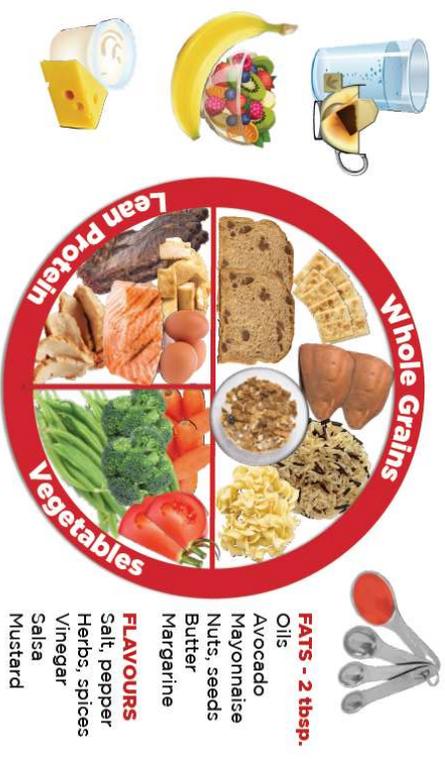


The diagram shows a circular plate divided into four quadrants: Vegetables (top-left), Lean Protein (top-right), Whole Grains (bottom-left), and a fourth quadrant containing a banana, berries, and a glass of water. To the right of the plate are icons for a coffee cup, a banana, and a glass of water. Below the plate is a list of fats, flavors, and other ingredients.

**FATS - 2 tsp.**  
 Oils  
 Avocado  
 Mayonnaise  
 Nuts, seeds  
 Butter  
 Margarine

**FLAVOURS**  
 Salt, pepper  
 Herbs, spices  
 Vinegar  
 Salsa  
 Mustard

## Hard Training Day



The diagram shows a circular plate divided into four quadrants: Vegetables (top-left), Lean Protein (top-right), Whole Grains (bottom-left), and a fourth quadrant containing a banana, berries, and a glass of water. To the right of the plate are icons for a coffee cup, a banana, and a glass of water. Below the plate is a list of fats, flavors, and other ingredients.

**FATS - 2 tbsp.**  
 Oils  
 Avocado  
 Mayonnaise  
 Nuts, seeds  
 Butter  
 Margarine

**FLAVOURS**  
 Salt, pepper  
 Herbs, spices  
 Vinegar  
 Salsa  
 Mustard

## Training Day



The diagram shows a circular plate divided into four quadrants: Vegetables (top-left), Lean Protein (top-right), Whole Grains (bottom-left), and a fourth quadrant containing a banana, berries, and a glass of water. To the right of the plate are icons for a coffee cup, a banana, and a glass of water. Below the plate is a list of fats, flavors, and other ingredients.

**FATS - 1 tbsp.**  
 Oils  
 Avocado  
 Mayonnaise  
 Nuts, seeds  
 Butter  
 Margarine

**FLAVOURS**  
 Salt, pepper  
 Herbs, spices  
 Vinegar  
 Salsa  
 Mustard

# Recipes for Before Exercise

## Gluten Free Trail Mix

(10 servings)

- 2 cups dry roasted soy nuts
- 1 cup raisins
- 1 cup dried cranberries
- 2 cups Chex Mix Rice Cereal- Gluten Free
- 1 cup almonds

Mix all ingredients together and enjoy!

Nutrition per serving: 280 calories, 35g carbs, 10g protein, 12g fat

## Great Start Green Smoothie

(2 servings)

- ½ cup water
- ½ cup baby spinach, chopped
- ¼ cup dandelion leaves, finely chopped
- 1 cup mixed berries
- 1 banana
- ½ cup orange juice
- 2 tbsp almond butter

Add water, baby spinach and dandelion leaves to a blender and blend well. Add remaining ingredients and blend until smooth. Enjoy your hidden greens!

Nutrition per serving: 225 calories, 33 g carbs, 5g protein, 10g fat

# Recipes for During Exercise

## Sports Drinks

### Recipe #1

500mL fruit juice drink \*not pure juice (e.g. juice drink, fruit blast, Five Alive)  
500mL water  
1/8-1/4 tsp salt

Nutrition per 500 mL serving: 116 calories, 23 g carb, 340 mg sodium, 260 mg potassium

### Recipe #2

1000mL water  
3 ½ tbsp honey  
4 tbsp lemon juice  
1/8-1/4 tsp salt

Nutrition per 500 mL serving: 121 calories, 31 g carb, 300 mg sodium, 38 mg potassium

# Recipes for After Exercise

## Nutty Banana Recovery Shake

(Serves 1)

1 cup low fat chocolate milk  
4 tbsp skim milk powder  
1 tbsp almond butter  
2 tsp ground flaxseed  
1 banana

Mix all ingredients together and blend using handheld or regular blender

Nutrition per serving: 480 calories, 71g carbs, 22g protein, 16g fat

## Strawberry Oatmeal Recovery Smoothie

(Serves 2)

1 cup soy milk (or skim milk)  
½-1 cup water (or ice if not using frozen banana)  
1 cup 0% fat plain Greek yogurt  
½ cup raw rolled oats  
1 fresh or frozen banana  
14 frozen strawberries  
½ tsp of vanilla extract (optional)

In a blender combine all ingredients. Blend until smooth and serve. If using a hand held blender you may want to omit the ice. Also if you would like to store it in the fridge for more than a couple of hours, omit the oats as they will expand.

Nutrition per serving: 300 calories, 50g carbohydrates, 20g protein, 4g fat