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for the

• How to fuel up to maximize athletic performance?

The most efficient source of fuel for working muscles are carbohydrates. They are critical for maximum energy, speed, stamina, and concentration. Along with proper hydration, carbohydrates are the foundation of an athlete's diet. here are many sources of carbohydrate rich foods, including the following:

• Best Nutrient Mix —Pre-Exercise:

Dr. Greg's

- **DEPENDS ON INTENSITY,** duration and food preferences
- MEAL 1–4 HOURS BEFORE
- SNACK 30-60 MINUTES BEFORE (rely on liquids or smaller snacks the closer it gets to competition or game time)

• General Recommendations:

- HIGH in carbohydrates
- LOW in fat and fiber
- MODERATE in protein
- EXTRA FLUIDS
- PLEASING PHYSIOLOGICALLY and psychologically
- **EXPERIMENT** during practice!

• Create a Strategic Fueling Schedule:

- Many athletes **BENEFIT FROM 5 OR MORE MEALS/ SNACKS PER DAY** — that means eating every 3-4 hours!!
- BREAKFAST + LUNCH + PRE-PRACTICE SNACK + RECOVERY SNACK + DINNER
- **AVOID "BOTTOM HEAVY" DIETS.** Aim for ²/3 of daily calories *before* dinner
- DON'T SKIP CRITICAL FEEDING TIMES: Breakfast and Recovery

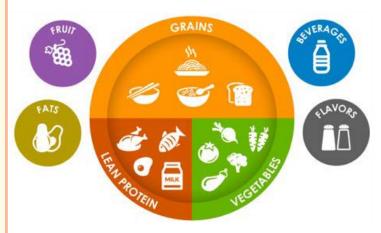
 Emphasis on 4 carbohydrates
Lean protein
Low fatw
Low fiber

PREGAME

HIGHLIGHTS

Fluids

Train Well for Race Day Peak PERFORMANCE Plate







Cookery for Nas

References: Coleslaw with Cumin-Lime Vinaigrette: Recipe from: http://www.foodnetwork.com/recipes/bobby-flay/coleslaw-with-cumin-lime-vinaigrette-recipe • Malekafzali B, Ekr mi M, Abdolazimi Z. Remineralizing Effect of Child Formula Dentifrices on Artificial Enamel Caries Using a pH Cycling Model. J Dent (Tehran). 2015 Jan;12(1):11-7.