

# GOAL POST

## Family Sports Nutrition

### What to Eat Before and After Exercise

By: Cara Kasdorf RD, BSc, M.A.N.,  
Registered Dietitian, Sports Nutritionist

#### Why Should I eat BEFORE Exercise?

- To provide your body energy
- To increase mental alertness
- To begin exercise with optimal energy levels
- To prevent hunger during and after exercise

#### When Should I Eat?

- For digestion, generally allow:
- 3-4 hours for a large meal
- 2-3 hours for a smaller meal
- 1-2 hours for a small snack or blender/liquid meal

\*\*It is important to plan ahead and pack meals or snacks if needed

#### What Should I Eat?

Before exercise it is important to choose foods that are higher in carbohydrate and lower in protein and fat. This allows the quick digestion and absorption of the carbohydrate energy.

Be careful when consuming spicy, gas producing, high fat and high fibre foods before exercise as they may cause bloating, diarrhea or discomfort.

When training, experiment with foods and figure out what works for you; never try a new food or drink before/during a competition/event.

#### Why Should I Eat AFTER Exercise?

- To replenish energy stores
- To boost immune system
- To improve strength and endurance during next training session
- For muscles to recover faster

#### When Should I Eat?

Eat and/or drink within the first 15-30 minutes after exercise. Then 2-4 hours after eat a balanced meal (Carbohydrates, protein and fat).

#### What Should I Eat?

As soon as possible, no more than 15-30mins after exercise it is important to consume carbohydrate rich foods. This helps the body's immune system recover more quickly and it can easily move into the muscles to replenish their stores. Don't forget to rehydrate too!!!!

Within 2-4 hours eat a well balanced meal consisting of carbohydrates, protein and fat.

#### Don't Forget To Stay Well Hydrated!!

Be sure to drink plenty of water before, during and after your workout. Being dehydrated will affect your decrease your ability to train and compromise your performance.

\*\*If you are feeling thirsty you are already somewhat dehydrated!!!!

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## Great Snack and Mini-Meal Ideas

- Celery sticks with peanut butter
- Whole grain bread with cheese and a fruit
- Yogurt mixed with plain cereal (Add 1 Tbsp. nuts for an energy boost)
- Fruit with cottage cheese
- A banana and a small muffin (optional\* with cheese)
- Whole wheat pita wedges with hummus and veggie sticks
- 1 carton of white or chocolate milk
- Peanut butter and jam sandwich and milk
- Fruit smoothie (fruit, milk, yogurt) with toast
- Sports/energy bar with fruit and milk

## STAFF PROFILE

**Cara Kasdorf RD, BSc, M.A.N.,  
Registered Dietitian, Sports Nutritionist  
CAMBRIDGE & KITCHENER - SOUTH**

### Education

- Graduated from the University of Manitoba (BSc, Human Nutritional Sciences, 2005)
- Completed dietetic internship and Master of Applied Nutrition degree at the University of Guelph (2006).



### Initiatives

- Certified Diabetes Educator
- Experience working with chronic diseases including high cholesterol and high blood pressure

### Focused Interests and Skills

- Provider for the Canadian Sports Centre
- Provides group presentations for sports teams and running clubs within the community.



## Tips & Tricks

### Staying Well-hydrated!

- Start the day off with a cup of water or other nutritious beverage like milk
- Try to drink small amounts but frequently throughout the day - aim to have about 1/2 cup of water every hour throughout the day to stay well-hydrated
- Beverages besides water count towards your total daily fluid intake as well - milk, 100% fruit juice (in moderation), and fresh fruits and vegetables all contribute fluids to your diet to keep you well-hydrated
- When exercising, make sure to drink about 1-2 cups of water for every hour of exercise (especially in hot weather). This means taking about 2-3 sips of water every 10-15 minute

**There is nothing unhealthy about educating youngsters about nutrition.**

**- Pierre Dukan**



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