**Event Day “Fuel” Suggestions using Canada’s Food Guide**

***Water* Always pack water!!**

\*Remember your “tried-and-true”. Never try “new” foods on race day.\*

**Grain products:** (Choose whole grains as tolerated preferably < 8g sugar per serving)

* dry cereal such as Oat Squares, Cheerios, Crispix, granola (trail mix)
* whole grain crackers
* bread, buns, bagel, wrap
* homemade or low-fat muffins
* animal/arrowroot cookies/graham crackers
* granola bars, fig bars
* noodles

**Vegetables and Fruit:** (Choose any fruit or vegetables as tolerated)

* fresh fruit and vegetables
* fruit cup/ applesauce
* dried fruit
* salad

**Milk and Alternatives:**

* milk/ chocolate milk
* yogurt
* yogurt dip for fruit /vegetables
* cheese

**Meat and Alternatives:**

* meat/tuna/salmon
* peanut butter/ nuts
* boiled egg/tofu
* hummus/legumes

Achieving Your Competitive Edge with Nutrition

Prepared for Uxbridge Swim Club

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**Snack Choose 2-3 food groups from Canada’s Food Guide**

**at least 1-2 hours before practice/meet**

2/3 of snack should consist of carbohydrates (whole grains as tolerated).

Include lean protein and healthy fat as tolerated

* Peanut butter and/or jam sandwich/toast, raisins
* Cereal with milk/yogurt and banana
* Unsweetened fruit salad/ cup/ applesauce with yogurt and granola
* Bagel with cheddar cheese and chocolate milk
* Trail mix with cereal/granola, dried fruit and nuts
* Fruit smoothie with yogurt and fruit, muffin
* Oatmeal with milk and fruit/nuts
* Hummus with pita and vegetables
* Grilled cheese and veggie sticks

**Meal Choose 3-4 food groups from Canada’s Food Guide**

**at least 2-4 hours before practice/meet**

2/3 of meal should consist of carbohydrates (whole grains as tolerated).

Include lean protein and healthy fat

* Pasta with sauce and meatballs
* Baked potato with salsa and cheese
* Lean meat, potatoes and/or bread, vegetables/salad
* Toast with eggs and fruit
* Sandwich/wrap with lean meat/fish and/or cheese and fruit
* Stirfry with vegetables, rice and lean meat, tofu or nuts
* Soup with vegetables, meat/legumes and noodles or bread/crackers
* French toast/pancakes with syrup and fruit

It is important to fuel effectively to perform well at practice and meets. Sample snack and meal choices above are interchangeable. Factors such as age, gender, daily activity, time eaten before activity and tolerance will determine appropriate serving size. Don’t forget fluids!! Include water, milk or juice at snack and mealtimes.

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