

High-Performance Nutrition Habits

Healthy eating is an important part of any athlete's lifestyle. This section is used as a tool to guide nutrition selection.

Holistic General Eating Tips

- Choose foods that are natural and good quality. Try not to pick foods that come from a package with a complicated and lengthy ingredient list. Choose whole foods which are as close to their original form as possible
- If possible select organic foods
- Listen to your body! Take note of what foods work well for you and give optimal energy and performance. All athletes are different when it comes to what works for them nutritionally

Protein

- Protein is essential for the growth and repair of muscles for athletes
- Select lean sources of protein such as chicken breast, wild fish, turkey, lean cuts of beef and pork, dairy, and legumes
- Choose plant-based sources of protein such as quinoa, beans, and lentils on a regular basis (2-3 days minimum)
- Try to mix in a little bit of protein with every meal (for example almond butter with sliced banana)

High-Performance Nutrition Habits Continued

Carbohydrates:

- Carbohydrates play an important role for athletes as they act as a main source of energy. They fuel both muscles and the brain for performance
- Try to select complex carbs such as vegetables, whole grains, brown rice, and whole grain pasta as they will slowly release energy over a longer period of time
- Try to avoid simple carbs that lack fibre and are high in sugar such as white bread, white pasta, candy etc.
- Select carbs that contain fibre, which assists with digestion and slows down the release of glucose in your system allowing for longer-lasting energy. Good fibre sources include vegetables, fruit, nuts and seeds
- The optimal time for carbohydrate consumption is before and after exercise

Fats

- Try to avoid highly processed vegetable oils (canola, palm, etc), as they do not provide our bodies with a good source of fats.
- Try to consume monounsaturated and polyunsaturated fats such as olive oil, flax oil, avocados, coconut oil, nuts and seeds.



High-Performance Nutrition Habits Continued

Hydration

- Never wait until you are thirsty to drink
- Try to aim for 8-10 glasses of water minimum per day, this number increases with exercise
- Electrolytes are also very important because they aid in replacing fluid loss during intense exercise - important electrolytes include sodium, magnesium, and potassium
- Choose a good quality sports drink that is low in added sugar such as Biosteel High Performance Drink or LMNT
- Avoid sugary processed fruit juices, pop/soda, energy drinks, and caffeine drinks as they contribute little to hydration and contain harmful additives and added sugars

Pre Game Meals

- Every athlete is different as to when they prefer to eat meals before a game
- Typically it is best to have a larger meal 3-5 hours before a game and a pre-game snack 1-2 hours before a game.

