

NUTRITION



PROPER NUTRITION FOR ATHLETES

BREAKDOWN OF MACRO-NUTRIENTS

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Carbohydrates: These are more than just grains. Carbohydrates include vegetables, fruits, legumes and grains. Your body uses them for energy production and blood sugar maintenance.

Proteins: come from animal products and a multitude of plant based sources. Foods like chicken, beef, eggs, unprocessed dairy, peas, broccoli and non-GMO organic soy are just a few examples. Proteins are our body's building blocks for muscles, skin, enzymes and they assist in regulating and maintaining our blood sugar levels.

Fats: These guys get a bad rap and are often blamed for our weight gain, but the truth is foods like nuts, seeds, avocados, coconut oil and olive oil contribute to a healthy life, in moderation.

Fats provide structural integrity to our cells, yes even saturated fats, and are concentrated sources of energy. Fats are also integral to a healthy hormonal balance and keep us warm during those cold winter months.

NUTRIENT TIMING

When you eat your meals and when you exercise are directly related. It is best to eat larger more complex meals further away from the start of a practice or a match, this provides the body with the time it needs to break down your meal and turn it into food.

Your pre-workout meal can be thought of in three different "time-zones". These time zones are not carved in stone and it is important for each athlete to test the timing of their meals in order to find the right schedule for optimal performance and athletic output from their individual bodies.

2-3 hours: This time zone allows you to sit and consume a full well-rounded meal including, fresh vegetables and fruits, a whole grain, some fats and of course a lean source of protein such as fish, chicken or legumes. An example of this would be a tuna salad wrap, a small soup and a side of carrots and hummus.

60-90 minutes: This time zone is getting closer to that workout which means it is best to stick to easily digestible carbohydrates and smaller amounts of protein and fat. The protein and fat will help to slow the release of glucose to your muscles helping to provide more sustainable energy. An example of this would be a ½ cup greek yogurt with an apple and handful of berries or a smoothie with a scoop of protein powder, spinach, ½ banana and a cup of berries.

30 minutes: This time zone is best used as a "top up" at this point you have hopefully already consumed a large meal in one or both of the above categories. So this is really just a snack to help boost your energy stores and keep you moving. Opt for foods that are easy to digest and delivery energy to your muscles. An example of this would be an electrolyte beverage, a sports drink or a GU energy gel.



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RECOVERY NUTRITION

It is important that we load our bodies with healthful foods before we are going to move and exert energy because being properly pre-fueled will help protect your body from injury, increase endurance and contribute to lean muscle growth.

But now that you have exerted yourself it is equally as important to ensure that you are refilling those energy stores to assist with a speedy recovery, reduce inflammation and allow your body to prepare for your next training session. Like with pre-workout there are some "time zones" to consider when refilling those energy stores.

30 minutes: the first 30 minutes after practice or a competition it is important to feed your muscles some high quality carbohydrates. Think of this as charging your phone in when you get the "low battery" warning. Providing your body with a banana, a quick smoothie or even a handful of dried fruit and nuts will help to feed those muscles while you prepare for a full meal.

60-90 minutes: during this time zone, whether or not you utilized the 30 minute time zone it is essential to provide your body with a balanced meal of each macro-nutrient. If it is late at night a protein smoothie with almond milk, 1 banana, handful of kale, scoop of protein and ¼ avocado may be your best bet as it is easily digestible.

However, if you have time to sit down and eat have a full meal something that looks like 1 salmon fillet, brown rice and steamed veggies



HYDRATION

When we drink liquids, and eat fresh foods we nourish our bodies with micro-nutrients like vitamins and minerals. Two of these minerals are called **sodium** and **potassium**, these salts help to regulate the amount of liquids pulled into and out of our cells, they are also why our sweat is so salty and stings when it gets in our eyes. As we move, breath and sweat we lose these electrolytes, and as there are fewer and fewer of them our balance, coordination and response time diminishes.

During a workout grab for a homemade electrolyte beverage to keep you hydrated and energized and then post workout do your best not to chug back water and instead take conscious sips. When we chug water, our body responds to this influx of water by wanting to flush it out, leaving your running to the bathroom, so to avoid this and keep yourself hydrated take smaller sips. In addition to drinking during and after your workouts, we should all be aiming for a minimum of **2L** of water per day to help us stay properly hydrated and alert.

GRAPEFRUIT HYDRATOR

Ingredients:

- 1 cup fresh squeezed Grapefruit Juice
- 2 cups Filtered Water
- 2 tbsp Real Maple Syrup
- 1/8 tsp Rock Salt (not table salt)

Directions:

1. Place all ingredients into a juice jug, and stir together until salt and maple syrup completely dissolve into the liquid.
2. Do not skip the maple syrup otherwise you will have very tart salty water and you will not want to drink it.
3. Feel free to add more water if you like something less intensely flavoured.

*will keep in the fridge for upto 5 days.

RECIPES

FOR ATHLETES



PROTEIN BAR

Perfect snack for before or after a workout

Ingredients:

- 1 cup sugar free Sun Butter
- 3 scoops chocolate protein powder
- 3 cups oats
- 1 cup coconut milk
- 4 tablespoons maple syrup
- 1 teaspoon vanilla extract

How to:

1. In a large mixing bowl, stir together the peanut butter and protein powder until well mixed. You want the protein to be fully incorporated into the peanut butter to prevent any clumping when you add the milk later.
2. Stir in the oats or almond flour until they are coated/mixed evenly. Add the non-dairy milk, maple syrup or coconut oil, and vanilla, stirring until the mixture forms itself into a thick batter. This may take a while! It will be an arm workout and a half. Good thing you are exercising more. :)
3. Line a 9x13 baking dish with plastic wrap and spread the mixture evenly across the bottom of the dish. Smooth out the top with spoon, then cover and refrigerate for 2 hours. Once solidified, slice into 12-16 bars and wrap for individual snacking! Tastes best served cold.



STRAWBERRY RECOVERY SMOOTHIE

Strawberry Recovery Smoothie:

- ½ cup frozen Strawberries
- ½ cup frozen Mango
- 1 tsp hemp seeds
- 2 tbsp rolled oats
- 1 handful fresh baby spinach
- 1 ½ - 2 cups water (or half coconut or almond milk)
- 1 scoop protein powder (vegan or New Zealand whey)

Directions:

1. Place all ingredients into a blender and blend until smooth.

Perfect for after a late evening practice to refuel your body but not disrupt your sleep patterns.

RASPBERRY OVERNIGHT OATS

Raspberry Overnight Oats:

- ½ cup Old Fashioned Rolled Oats
- 1-2 tsp chia seeds
- ½ tsp cinnamon
- ½ banana, mashed
- ½ cup coconut or soy or almond milk, plus a touch more in the morning if it is too thick
- ½ cup fresh raspberries (frozen is fine)

Directions:

1. Mix oats, chia and cinnamon together. Add milk and bananas and stir. If using fresh raspberries mix them in too, if you are using frozen place them on top and allow them to thaw on top of the oat mixture overnight.
2. Cover and place in the fridge overnight for a ready to go breakfast. These oats are great both cold and heated, so test it out and eat it to your preference, adding a little more "milk" to thin if the oats are too thick in the morning.

RECIPES



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CHIPOTLE LENTIL BURGER

(2 patties = 1 serving)

Ingredients:

- 1 cup brown rice, cooked
- 1 $\frac{3}{4}$ cups cooked green lentils
- 1 medium onion, coarsely chopped
- 1 clove garlic, minced
- 1 cup sweet potato, chopped (skin on, uncooked)
- 1/3 cup tomato paste
- 1 tbsp Dijon mustard
- 3 tbsp flax meal (mix 1 tbsp with $\frac{1}{2}$ cup water and allow to sit for 5 minutes)
- 1 tsp sea salt
- $\frac{1}{4}$ tsp chipotle powder
- $\frac{1}{2}$ tsp cumin
- 2 tbsp fresh cilantro, chopped
- 1 tsp lemon juice, freshly squeezed

Directions:

1. Ideally you are working with pre-cooked rice and lentils, if not cook them up and allow them to cool before you use them. Using left overs makes this much easier, the drier they are the better.
2. Preheat oven to 450F and line a baking sheet with parchment paper, set aside.
3. In a food processor combine onion, garlic, and sweet potato. Process until finely chopped and uniform. Add cooked lentils and rice and process again until combined. Scrapping down the sides as needed. Once processed together transfer to a large bowl and mix in all other ingredients.
4. Using your hands make a palm sized patty (slider size), you are welcome to make them larger however the smaller ones bake up a little better and are less likely to fall apart.
5. Place patties onto prepared baking sheet, spacing the patties so you have enough room to flip them. Place them into the preheated oven for 30-40 minutes flipping carefully halfway through.

These burgers are an excellent lean and anti-inflammatory source of protein and fiber

CURRY QUINOA SALAD

(1-1 $\frac{1}{2}$ cup = 1 serving)

Ingredients:

- 2 cups cooked quinoa
- 1/3 cup fresh cilantro, finely chopped
- $\frac{1}{4}$ cup green onion, finely chopped – green and white
- $\frac{1}{2}$ red pepper, finely chopped
- $\frac{1}{2}$ cup mango, finely diced
- 1 can black beans, drained and rinsed
- 2 lemons, zested and juiced
- $\frac{1}{2}$ tsp coriander
- $\frac{1}{2}$ tsp paprika
- 1 tsp cumin
- $\frac{1}{4}$ cup extra virgin olive oil
- Salt and Pepper to taste

Directions:

1. Cook quinoa according to package instructions. Fluff with a fork and spread onto a baking sheet and let it cool completely.
2. In a bowl, whisk together lemon zest, juice, oil, coriander, cumin and paprika. Season to taste with salt and pepper.
3. In a large bowl combine all ingredients toss until everything is evenly coated in sauce.

Pair this quinoa salad with a few handfuls of raw veggies or a fruit and you are setting yourself up for a well fueled strong practice.



CONTACT

INFORMATION

HAVE A QUESTION GET IN TOUCH

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