

# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+

## Sports Nutrition

### Introduction

Training for and running a 10 K, a half or a full marathon, playing a tennis match or golf in the summer, working out with weights or participating in an aerobics class at your gym, or any other type of sports or physical activity require you to have a certain level of physical fitness. Physically, it is a fact that you must start your training for physical activities gradually and build your muscle strength and cardio vascular stamina slowly to prevent injury. However, one commonly overlooked aspect of training for and playing sports is nutrition. While training, your diet supplies the necessary nutrients and building blocks for micro tissue repair, so increase muscled strength and endurance can occur. During your activity, especially if you are playing for over an hour (a golf game of 4 to 5 hours) or at an intense level (5 k race) or in the heat and humidity of summer, you must replenish your fluid levels and energy stores so premature muscle fatigue resulting in a decrease in performance level does not occur. This newsletter will examine the importance of sports nutrition and how best to “feed” the body before, during and after your physical activity.

### Daily Nutrition to Meet Your Needs During Training

For most people that are exercising daily, but are not professional or Olympic athletes, following Canada’s Food Guide will ensure that they are eating adequately to supply their bodies with the nutrients and fuel needed to meet their everyday needs. If you are training (muscular resistance and/or cardio vascular) at a more intense level for a specific event such as a marathon or biking or walking holiday excursion you may need to increase your calorie intake to compensate for the increased calorie expenditure from the training. However, the principles that you follow for your diet will remain the same.

#### The Canada Food Guides Recommended Number of Food Servings per Day

	19-50		51+	
	Females	Males	Females	Males
<b>Vegetables &amp; Fruits</b>	7-8	8-10	7	7
<b>Grain Products</b>	6-7	8	6	7
<b>Milk &amp; Alternatives</b>	2	2	3	3
<b>Meat &amp; Alternatives</b>	2	3	2	3



### Did You Know

#### What Does One Serving Look Like

##### Vegetables and Fruit

Serving Size	Food
1 cup	Raw lettuce/spinach
1/2 cup	Frozen or canned vegetables / fruit
1 medium	Fresh vegetable/fruit
1/2 cup	100% vegetable/fruit juice

##### Grain Products

Serving Size	Food
1 slice	Multi Grain Bread
1/2 piece	Bagel, pita
3/4 cup	Hot cereal

##### Milk & Alternatives

Serving Size	Food
1 cup	milk
3/4 cup	Yogurt
1.5 oz	Cheese

##### Meat & Alternatives

Serving Size	Food
2.5 oz or 1.2 cup	Cooked fish, poultry, lean meat
1/4 cup	Shelled nuts or seeds
2	Eggs
2 tsp	Peanut butter

## Eating Before, During and After Activity

### Before

#### Key Points:

1. Food eaten before physical activity is only useful if it is digested and absorbed.
2. The time needed for your food to digest will depend on the type of food eaten and the quantity.
3. Foods higher in fat and protein will take longer to digest.

#### Examples of meals to be eaten 2-4 hours before activity:

1. Bread/bagels/English muffins with peanut butter/jam or boiled/poached eggs, cheese & milk.
2. Breakfast cereal or oatmeal with milk and fruit.
3. Pasta or rice with tomato sauce/vegetables/lean hamburger
4. Stir fry vegetables with rice/pasta and pudding

Fluids– Drink 2 cups of fluid

#### Examples of foods to be eaten 1-2 hours before activity:

1. Liquid meal supplements
2. Fruit smoothie
3. Cheese and crackers
4. Granola bars
5. Yogurt/pudding
6. Fruit/dried fruit

#### Examples of foods to be eaten < 1 hours before activity:

1. Sport drink
2. Sport bars
3. Sport gels

Fluid– about 15 minutes before activity drink 1-2 cups of fluid so you start the activity properly hydrated.

### During

Drink 5 oz of fluid (sport drink to replace lost sodium and potassium) each 15 minutes and an energy gel every 1/2 hr.

### After

You have a 1-2 hour window following activity to enhance your physical recovery through nutrition. You want to ingest 1 gram of carbohydrates (CHO) for each pound of body weight and ideally you want a 4:1 ratio of CHO to Protein ingested during this time.

#### Examples of foods to be eaten for effective recovery:

1. Chocolate milk
2. Fruit smoothie with protein, low fat Greek yogurt
3. Sports drink
4. Bananas
5. Bread with peanut butter

Fluid– Monitor your urine. Dark urine is a sign of dehydration. Drink fluids until your urine is a pale yellow colour.

## Important Questions with Respect to Sports Nutrition

1. **If you lose weight during a training session you have lost water, not fat.**

True - The quick weight loss following physical activity is due to water loss from sweating and not due to a loss of fat. It is important that you replace fluid losses to prevent dehydration. A good rule of thumb is for every 2.2 pounds of weight lost drink at least 1 1/2 liters of fluid or until your urine is pale coloured/

2. **An athlete who is unusually tired during regular workouts may be iron deficient.**

True – Iron is an important nutrient for oxygen transportation to working muscles. Low iron stores are often found with women or male and female athletes who are not eating sufficient iron containing vegetables.

3. **Vitamin supplements will give an athlete more energy.**

False – Vitamins themselves do not give us energy. They work with other foods (Canadian Food Guide) to release energy from carbohydrate, protein and fat.

4. **A high protein diet or whey protein and amino acid supplements will help produce bigger and stronger muscles.**

False – Protein is needed for building muscles but whey protein and amino acid supplements offer no advantage over a diet that provides adequate calories and protein from milk, meat, fish, chicken and nuts.

5. **The meal eaten just before the event provides most of the energy needed for that event.**

False– The pre-event meal is usually not as important as the daily training diet. This diet should be 60% CHO, 30 % Protein and 10% healthy fat(\*1). The meal and snacks leading up to the event (2-4 hours) should be familiar foods that are easy to digest, not too high in fibre, spices or fats.

\* Note 1 – Healthy fats are monounsaturated and polyunsaturated fats (Olive and peanut oils, nuts (walnuts, pecans), seeds (Flax), fatty fish such as trout, salmon, swordfish, cod, omega-3 eggs).

Unhealthy fats are saturated or trans fats (Fatty meats, butter, fast foods, many ready-prepared foods).

6. **Caffeine can enhance athletic performance.**

True– caffeine is a stimulant but should be consumed in moderation.