

NUTRITION BITS AND BITES

Fuelling for Physical Activity



Is my child drinking enough fluids?

To stay healthy, athletes need to drink plenty of fluids before, during and after exercise:

- **2-3 hours before exercise** drink 400 to 600 mL of water.
- **During exercise** drink 150 to 300 mL every 15 to 20 minutes.
- **After exercise**, athletes need to replace the fluid they lost from sweating. Sodium-containing fluids and snacks can help quench thirst and keep fluids in the body.

Nutrition for your young athlete

Proper nutrition is important for children involved in sports and other physical activities.

Good nutrition helps young athletes:

- Feel more energetic and less tired
- Prevent injury and disease
- Improve strength and endurance
- Improve performance

What can I do to help my child get what they need?

Meal timing is very important. Athletes should:

- ✓ Eat a full meal at least 3 hours before an event to allow digestion and to avoid stomach upset during the event.
- ✓ Have a pre-game snack 1-2 hours before any event to allow digestion.

Whole grain cereals, pasta, granola, and fruits are all great options! See the recipe below.

- ✓ Have a protein and energy packed snack after exercise to recover and replenish.

Open-faced Applewiches

Set up an assembly line of toppings and go for it! These fun and naturally sweet Applewiches are a hit with all ages. Packed with energy and protein, they make for the perfect post-exercise or after-school snack - but can be served anytime!

Prep Time: 10 minutes

Ingredients:

- 60 mL (1/4 cup) natural almond or peanut butter or non-nut alternative
- 75 mL (1/3 cup) 0% fat plain Greek yogurt
- 2 apples, cored and thinly sliced horizontally
- Sprinkle of cinnamon
- Optional toppings: sliced almonds, dried fruit, unsweetened shredded coconut, seeds

Directions:

1. In a small bowl, combine nut or non-nut butter with Greek yogurt and cinnamon. Stir until combined.
2. On a clean cutting board, lay the apple slices and spread about 10 mL (2 tsp) of the yogurt/nut butter mix on each.
3. Sprinkle on toppings of choice. Enjoy!

On-The-Go Tip: Turn this recipe into one easy to grab on the go recovery snack by cutting the apples into cubes. Mix apples with all other ingredients and place in a jar or airtight container.

Recipe Source: <https://food-guide.canada.ca/en/>



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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