

Nutrition for Sport

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“ Proper nutrition is the key to unlocking your bodies potential “



Best Superfoods to Boost Endurance Athletes

Walnuts- An amazing brain food... funny ever noticed they look like a brain? 1/4 cup of walnuts, provides more than 100 percent of the daily recommended value of plant-based omega-3 fats, along with high amounts of copper, manganese, molybdenum, and biotin. They contain neuroprotective compounds such as vitamin E, folate, melatonin, omega-3 fats, antioxidants that can help enhance cognitive and motor function.

Avocado- This nutrient dense fruit aids digestion and when paired with veggies, majorly enhances nutrient absorption due to the heart healthy unsaturated fat content. They will help balance blood sugar to keep you energized long after eating.

Quinoa- Complete Protein meaning it contains all of the essential amino acids- very beneficial for those who do not eat meat. This great complex carb will provide lasting energy and can be incorporated in many snacks and dishes.

Steele Cut Oats- Complex carbohydrate, more fibre than oatmeal. Good protein content with 5-7g per ¼ cup serving and a healthy amount of calcium, magnesium, iron, antioxidants, and B vitamins. Will keep you feeling full and energized hours after eating.

Whole Wheat/ Brown Rice Pasta- High in B vitamins for energy, metabolism, nervous system health and a great source of carbohydrates for fueling muscle. Awesome source of fibre for digestive health.

Cacao - Great source of magnesium important for relaxation of muscles.

Kale- a nutrition powerhouse, packed with fibre and copper—one nutrient that is hard to get in a normal diet—and an excellent source of manganese, iron, vitamins C, A, and K, and myriad phytonutrients.

Spinach- Like other dark leafy greens, spinach is an amazing nutrient packed superfood! Add a cup to pasta, morning eggs, smoothies, salads, etc to maintain your bodies optimal health!

Yam- A complex carbohydrate! They are all excellent sources of vitamin C, manganese, fiber, and vitamin B6, among other vitamins. Yams are also rich in potassium, a mineral that helps keep blood pressure within normal limits and can prevent muscle cramping.

Broccoli- Best eaten raw, broccoli has a big nutrition profile vitamin K, vitamin C, chromium and folate being a few. It is also a source of fibre and has some protein content so for vegetarians or vegans it is great paired with quinoa, lentils and beans to maintain protein intake.

Eggs- Powerhouse of disease fighting nutrients and a good source of protein. Ensure you are choosing from organic pasture raised egg sources.

Wild Salmon- High quality source of protein for muscle maintenance with a good source of omegas, B vitamins and potassium for energy and heart health.

Chia- they are a good source of omega-3 fatty acids, fibre, antioxidants, iron, and calcium. Reduce inflammation.

Flax- Provides fibre for healthy elimination and omega's for healthy heart and brain function.

Blackberries- Another amazing source of antioxidants and fibre etc. Vitamin c in specific which helps flush lactic acid out of muscles.

Blueberries- High levels of antioxidants to protect your body from illness, injury and inflammation.

Gogi berries – These berries contain 8 essential amino acids. They are also considered a complex carb so your blood sugar will raise slowly after eaten. They provide antioxidants, vitamin c, vitamin a, zinc, iron and are a source of fibre.

Healthy Snacks Options

- Trail mix containing- Cashews, almonds, walnuts, brazil nuts, goji berries, pumpkin seeds
- Veggies and Hummus • Boiled Egg
- Banana • Chia Pudding
- Plain popped popcorn with tbsp coconut oil, dash of sea salt
- Rice cakes w/ almond butter and banana on top, sprinkled with true cinnamon
- Apple with Almond Butter or nuts
- Energy Bites • Chia Pudding
- Avocado spread on Sprouted Whole Grain Toast
- Smoothies • Homemade Kale Chips • 0% Greek Yogurt and Berries

Recipes

Energy Bites

- 1 cup rolled oats
- 1/2 cup ground flax seed
- 1/2 cup almond butter
- 1/3 cup pure honey
- 1 teaspoon vanilla extract
- If desired * Chia seeds, chopped goji berries, chopped 80% dark chocolate

Directions: Mix all ingredients together, then form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour. Store in air tight container in fridge.

Chia Pudding

- 1 tablespoon chia seeds.
- 1/3 cup water.
- 1 tablespoon cocoa powder.
- 1 tablespoon almond butter.
- Green Stevia Leaf Powder or True Maple Syrup

Directions:

Combine chia seeds and water in a small bowl. Cover and refrigerate for at least 30 minutes. Stir in cocoa powder, almond butter and sweetener. Enjoy!

Nutrient Replenishment Smoothie

- Half a frozen Banana
- 1/2 Cup Frozen Strawberries
- 1/2 Cup Frozen Blueberries
- 1/2 Avocado
- 1 Handfull Spinach
- 1/2- 2/3 Cup Unsweetened Almond Milk
- 1-2 Tbsp Cocoa Powder
- 1 Scoop Natural Protein Powder

Directions:

Blend all ingredients together (add more or less almond milk/water for desired consistency) and enjoy this nutrient rich smoothie post exercise for replenishment or anytime!

Sport Recovery

1. Stretching post training and competition is extremely important to enhance blood flow and keep muscles strong, healthy and flexible to avoid increased risk of injury.
2. Epsom Salt Baths are a great way to restore the mineral magnesium. It can help reduce sore muscle pain, inflammation, reduce stress, and much more. Add 1-1.5 cups to a standard sized at tub and be sure to drink lots of water during and prior to your soak.

3. Good hydration is key, especially in athletes as you lose more during training. Water is in-



involved in so many bodily functions that in turn give you energy and keep you healthy. Anywhere from 1.5-2L per day depending on how active you have been.

Coconut water is an excellent way to replenish electrolytes post exercise and competition. As for electrolyte filled foods, watermelon, bananas, avocado and spinach are a few great sources to incorporate in a post exercise snack!