

NUTRITION for SKIERS

Young athletes should be arriving at the practice with enough stored energy to serve them through its duration. Most of this energy comes from nutritious meals snacks eaten **well ahead of time**:

Time of practice	The energy comes from:
Early morning	dinner the previous evening and pre-bedtime snack, small breakfast
Late morning	early breakfast; mid-morning snack
Afternoon	lunch
Evening	lunch, afternoon snack

Pre-exercise meal: 1 – 2 hours before, easy to digest snacks, e.g. smoothie, banana and yogurt, granola bar, dried fruit bars, high carb

Post-exercise meal: within 30 min/1 hour, carbs, protein, fluids, e.g. lean meat sandwich, pasta and lean meat sauce, rice, pasta (al dente), bread, meal replacement beverage

90/10 rule – 90 % nutrition guidelines / 10 % treats

Meal/Time	Types of foods	Example
Breakfast 9 am	Carbs Protein Fruit Water	Cereal, toast, waffles, oatmeal Milk, yogurt, eggs, protein powder Apple, orange, berries, juice 500 ml water
Morning snack	Protein Fruit and/or Carb	Milk, yogurt, frozen yogurt, cheese Apple, orange, berries, juice OR Granola bar, crackers, pretzels, popcorn
Lunch 12 pm	Carbs Protein Vegetables Healthy fat Water	Bread, pasta, rice, noodles, potato Chicken, beef, pork, fish, tofu Tomato, carrots, salad, peppers Almonds, walnuts, avocado 500 ml water
Afternoon Pre- practice snack 4 pm	Protein Fruit or/and Carb	Milk, yogurt, frozen yogurt, cheese, Apple orange, berries, juice OR Granola bar, crackers, pretzels, popcorn, etc.
Dinner 8 pm	Carbs Protein Vegetables Healthy fat water	Bread, pasta, rice, noodles, potato, beans Chicken, beef, pork, fish, tofu, beans Tomato, carrots, salad, peppers, etc. Almonds, walnuts, avocado 500 ml. water
Evening snack (optional)	Protein Fruit or Carb	Milk, yogurt, frozen yogurt, cheese, Apple orange, berries, juice OR Granola bar, crackers, pretzels, popcorn, etc.

Snack ideas

Bagel with jelly
 Fruit: orange, banana
 Yogurt with granola
 Cereal with milk
 Dried fruit
 Granola bar
 Graham crackers
 Crackers
 Fig Newton's
 Fruit leather bars
 Trail mix

Simple and quick snacks:

Honey/jam/cheese sandwiches
 Bread rolls/wraps/crumpets
 Cracker biscuits with cheese/spread
 Fruit smoothies/milkshakes
 Baked beans/noodles/spaghetti/pasta snacks
 Scones/fruit wholegrain muffins

Granola bars: e. g. Nature Valley (hard), Nature Valley Fiber Source, Kashi

- < 3 fat per bar
- Over 4 g fiber
- < 10 g sugar

Cereal: e.g. Optimum, Kashi, Raisin Bran, Bran Flakes, Spelt Flakes, cereal mix: ½ cinnamon Toast Crunch, ½ Kashi

- < 2 g fat
- > 4 g fiber per serving
- < 10 g sugar

Crackers: Wasa, Ryvita, Finn Crisps, Triscuits, Melba Toast, Grains First

- No greasy residue on hands
- Whole grain, whole wheat listed as first ingredient
- No hydrogenated oil on ingredient list

Convenience Store Snacks

Chip aisle	Best choice: Pretzels, sunflower seeds, flavoured rice cakes, fruit & nut trail mixes	Ok choice: Dry roasted nuts, baked chips, sun chips, snack mixes, corn nuts	Worst choice: Chips, cheesies, popcorn twists
Cookie / cracker aisle	Best choice: Cereal or granola bars, fig newtons, Triscuit crackers or other crackers made with whole wheat	Ok choice: Stoned wheat thins, Melba toast crackers, Saltines, plain cookies	Worst choice: Twinkies, Donuts, Crème-filled cookies, cheese-filled crackers
Candy aisle	Best choice: Jelly beans or Skittles, gummies (real fruit juice),	Ok choice: Chocolate covered peanuts or raisins	Most chocolate bars

	sorbet	Yogurt covered, treats, licorice, popsicles	
Drink aisle	Best choice: 100 % real fruit juice Milk, plain or flavored, water	Ok choice: Fruit beverages or drinks, hot chocolate, skim milk	Worst choice: Whole milk, coffee with cream

Some convenience stores may also have a deli counter. Sandwiches, bagels, broth based soup and yogurt are some additional choices that may be available.

Make sure that your kids always have some snack with them in their pockets, which they can eat also on the lift. Snacks should be resistant to cold weather, which means that the kids should be able to bite them.

Source: Nutrition Workshop held by Dana Lis from SportMedBC