

# TRAINING DIET

## Action Plans



**Question:** (Answer at the bottom of page 2)

During training, a 50 kg gymnast and a 100 kg football player would need to eat the same number and size of servings of food.

- TRUE       FALSE

### Training Diet Action Plans

The following table identifies three different action plans based on Canada's Food Guide. The appropriate dietary action plan should supply adequate fuel to optimize your current training demands. Judged sports, such as gymnastics, diving, skating, and equestrian require less energy than endurance events like triathlons, cross country running or skiing, and road racing. Growth, gender, and body size also influence energy needs.

Canada's Food Guide is based on the energy and nutrient needs of sedentary individuals, so some athletes may need to exceed the serving suggestions. Before modifying diet or eating patterns, athletes should obtain assistance from a registered dietitian with expertise in sport. You can contact the dietitian at your [Canadian Sport Centre](#) or someone listed under the [Sport Nutrition Registry](#) on the CAC website. If there is no dietitian with expertise in sport listed in your area, [Dietitians of Canada](#) may list a dietitian near where you live.

Training Diet Action Plans			
	SELECT YOUR ACTION PLAN		
FOOD GROUP	ACTION PLAN #1	ACTION PLAN #2	ACTION PLAN #3
	For athletes such as gymnasts, divers, and skaters	For most athletes	For the endurance athlete e.g., a cyclist competing in road-racing, a cross country runner or skier, a triathlete.
	NO ATHLETE SHOULD EAT LESS THAN THIS TO MAINTAIN GOOD NUTRITIONAL STATUS. There is not room for extra Calories from foods without many nutrients.	Enjoy treats in moderation after you have enough servings from the four food groups.	If you are finding it difficult to eat a large enough volume of food to meet your energy needs, extra sweets and fats can be added.
VEGETABLES AND FRUIT	Minimum of 5–7 servings	8–14 servings or more	15 servings or more
GRAIN PRODUCTS	Minimum of 5–7 servings	8–14 servings or more	15 servings or more
MILK AND ALTERNATIVES	Adults: 3 servings Teens: 3–4 servings	3–4 servings	4–6 servings
MEAT AND ALTERNATIVES	Minimum of 2 servings	2–3 servings	3–4 servings
OILS AND FATS	Include a small amount – 30-45ml (2–3 Tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.	Include a small amount – 30-45ml (2-3 Tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.	Include a small amount – 30-45ml (2-3 Tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Make each Food Guide serving count... wherever you are – at home, at school, at work, in restaurants, or when training!

#### Vegetables and Fruit:

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar, or salt.
- Have vegetables and fruit more often than juice.

#### Grain Products:

- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar, or salt.

#### Milk and Alternatives:

- Drink skim, 1%, or 2% milk each day.
- Select lower fat milk alternatives.

#### Meat and Alternatives:

- Have meat alternatives such as beans, lentils, and tofu often.
- Eat at least two Food Guide servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.



# TRAINING DIET

## Action Plans, page 2



### Common serving sizes: one serving is

**Vegetables and fruit** – 250 mL of leafy salad vegetables; 125 mL of fresh, frozen or canned vegetables, fruit or juice; a medium vegetable or fruit (the size of a tennis ball); 60 mL dried fruit.

**Grain products** – 30 g of cold cereal (check the label for the volume of 30 g); 1 slice of bread; 175 mL hot cereal/porridge; a pancake or waffle; 10 crackers (30 g); ½ a bagel (the size of a hockey puck); ½ a bread roll; ½ a 10 cm pita; ½ a roti, chapatti or tortilla; 125 mL cooked rice, grain or pasta; 800 mL popped popcorn; 30 g cereal bar.

**Milk products and alternatives** – 250 mL milk or fortified soy beverage; 175 g yogurt; 50 g cheese (3 one inch cubes or 2 processed cheese slices).

**Meat and alternatives** – 75 g meat, fish, poultry (the size of a deck of cards); 175 mL cooked dried beans, peas or lentils; 2 eggs; 150 g tofu (175 mL); 30 mL nut butter; 60 mL seeds or nuts; one wiener.

**Other foods** – Limit foods and beverages high in Calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, French fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, alcoholic beverages, sports and energy drinks, and sweetened hot or cold drinks. You may choose some of these foods in moderation after you have enough servings from the food groups.

Variety, moderation, and quality food are important concepts when planning meals and making food choices.

### Sport Nutrition requires Teamwork!

Your body needs more than 50 different nutrients every day. No one food or food group contains all of these nutrients: you get them all by enjoying a variety of foods. The four food groups work as a team – foods are divided into groups according to the key nutrients they provide.

It is not necessary to limit yourself to one serving (as defined by Canada's Food Guide) of a food at a meal. Nor is it necessary to have an entire serving of a food at any one time. For example, for breakfast a 50 kg gymnast might eat 1 or 2 servings of fruit, 1 or 2 servings of grain products (30 g of cereal and/or 1 toast), ½ serving of milk (125 mL) and ½ serving of meat and alternatives (15 mL nuts or nut butter) while a 100 kg football player might select 4 servings of fruit (250 mL juice and a large banana), 4 servings of grain products (60 g cereal and 2 toast), 1½ servings of milk (375 mL) and 1 serving of meat and alternatives (2 eggs). At the end of the day, it is the total intake from each food group that is important.

If you are choosing enough servings from each of the food groups each day, you may not need supplements or vitamin/mineral tablets.

If you choose only the minimum number of servings from each food group each day, it is important that you choose wisely to ensure that you meet your nutrient needs. Iron and calcium are two important nutrients for performance and growth. Good food sources for iron and calcium should be included at most meals.

For food sources for iron, see the nutrition tip sheet "Iron Indicator".

For food sources for calcium, see the nutrition tip sheet "Calcium Counter".

Using the Food Guide includes tips and ideas on how to use Canada's Food Guide for meal planning, grocery shopping, eating out, smart snacking, and more.

**Question:** (Answer at the bottom of the page)

What is a Serving?

Food Item	Number of Servings
(a) 1 juice box (250 mL)	<input type="checkbox"/>
(b) 1 carton of milk (250 mL)	<input type="checkbox"/>
(c) 1 large muffin	<input type="checkbox"/>
(d) 1 hamburger bun	<input type="checkbox"/>
(e) 1 pita	<input type="checkbox"/>
(f) 25 g cheese	<input type="checkbox"/>
(g) 2 eggs	<input type="checkbox"/>
(h) 250 mL cooked pasta or rice	<input type="checkbox"/>
(i) 150 g cooked meat, chicken or fish	<input type="checkbox"/>
(j) 250 mL green salad	<input type="checkbox"/>
(k) 175 mL baked beans	<input type="checkbox"/>
(l) 1 small baked potato	<input type="checkbox"/>

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Comité consultatif sur la nutrition sportive

1. FALSE – The amount of food you need depends on your age, size, and the amount of energy you use in training and/or in competition.  
2. What is a Serving? (a) 2; (b) 1; (c) 3; (d) 2; (e) 2; (f) ½; (g) 1; (h) 2; (i) 2; (j) 1; (k) 1; (l) 1.

ANSWERS:

