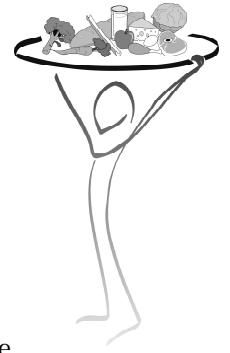


TRAINING DIET

Everyday Eating



Your training diet is the food you eat each day, all year round.

Food for an athlete is like fuel for a car – you want the best blend for top performance. For training, you need more fluid and more energy (carbohydrate and fat) than your less physically active friends. You also may need more protein than a person who is not training.

Energy need increases with the amount and the intensity of exercise. Whether your sport requires short bursts of effort or is an endurance event, carbohydrate is the main source of energy.

As you consume more food to meet your energy needs, you will consume more protein, vitamins, and minerals as well. Most athletes who eat enough food to meet their need for energy to grow and train and who choose a variety of foods from the four food groups consume an adequate amount of all nutrients. A multivitamin mineral supplement may be appropriate for athletes who are dieting, eliminating foods or food groups, consuming low quality foods or who have a specific micronutrient deficiency.

To find out how much fluid is required before, during, and after exercise, check the “[Fluids for Athletes](#)” tip sheet. To find out how the body uses carbohydrates and how best to maximize your intake, check the “[Carbohydrate – Go Food](#)” tip sheet. For a list of examples of high carbohydrate foods, refer to “[Energize with Carbohydrate](#)”.

Read the “[Protein – Grow Food](#)” tip sheet for more information about various protein sources and how to calculate your protein needs.

To learn more on how to get the essential fats without over-doing it, check the “[Fat – Get the Essentials](#)” tip sheet.

The “[Food Sources of Minerals](#)” tip sheet provides a list of the best foods to maximize mineral intake, while the “[Food Sources of Vitamins](#)” tip sheet provides a list of the best foods to maximize vitamin intake.

The “[Action Plans](#)” tip sheet can help you identify the amount of food from each food group you require based on your sport.

To create a meal plan for your training needs, see “[From Training Diet to Meal Plans](#)”.

To find out what to eat and drink when training or competing several times in one day, read the “[Tournament Tips](#)” tip sheet.

For detailed information about how to time your specific food and fluid needs before, during, and after exercise, refer to “[Fluids and Foods BEFORE Training/Competition](#)”, “[Fluids and Foods DURING Training/Competition](#)”, and “[Fluids and Foods AFTER Training/Competition](#)”.

How are you doing?

To learn more, make an appointment to see a registered dietitian with expertise in sport. Such a dietitian can provide a detailed analysis of your current eating relative to the needs for your sport. If your food choices need to be improved, these professionals can help you make a plan.

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.

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

