



FUELING FOR PERFORMANCE

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Nutrition is an essential component of living a healthy life. Good nutrition habits can support energy levels for better performance, prevent muscle fatigue, ensure proper growth and decrease a skater's risk of injury. The input of a Certified Specialist in Sport Dietetics (CSSD) can be especially helpful to ensure that your athletes are fueling their best.

PROTEIN

Protein is critical to muscle recovery and repair. Including plant-based sources of protein (beans/legumes, nuts, seed and soy-based products) can help increase nutritional quality of a diet. Lean animal-based protein sources (eggs, low-fat dairy products, seafood and poultry) are also ideal to ensure consumption of all essential types of protein that support the body's needs.

CARBOHYDRATES

Carbohydrates serve as the primary fuel for athletes. Carbohydrate-rich food sources include whole grains, fruits, starchy vegetables (corn, peas, potatoes), beans/legumes, dairy products and sports drinks. Skaters are recommended to consume consistent amounts of carbohydrates throughout their training days to help sustain energy levels. Carbohydrates are best eaten prior to skating in the form of snacks or meals.

LIPIDS

Lipids, also known as fats, play a key part in ensuring energy levels are maintained during long-duration, low-intensity practice sessions. Examples of healthy lipid sources include eggs, avocados, salmon, plant-based oils, nuts/nut butters and seeds.

Nutrition Tips

- Create well-balanced meals with foods from the five food groups: fruits, vegetables, grains, protein and dairy.
- Food is fuel for everything your child is doing. Carbohydrates, protein and fats provide your child with the energy he/she needs to get through a day of school and skating.
- Eating on the road is sometimes unavoidable. Research restaurant menus online in advance, and consider visiting a grocery store instead.
- Consume five servings of fruits and vegetables per day, as they provide an abundance of essential vitamins and minerals not found in other foods.
- Avoid fried foods and opt for grilled or steamed foods.
- Drink more water! Hydration is important for athletes and keeps their brains sharp and minds focused.
- Aside from water, skaters can have sports drinks to supply additional carbohydrates and electrolytes, but only during high-intensity practice sessions to decrease the onset of fatigue.