

EAT LIKE A CHAMPION

Soccer, dance, hockey, swimming... Whatever sport you're into, feeling good is what it's all about.

Try our games and quizzes and learn what to eat and drink to be in peak condition.

Starting Line Quiz



Being in peak form starts here: eat three healthy meals a day with a wide variety of foods from each of the four food groups, snack smart and drink enough liquids.

Circle the right answers in the quiz below and pick up more, important basics.

Note—there may be more than one right answer!

Most active teens need:

- To eat completely / a little / no differently from less active teens.
- Carbohydrate-rich foods (a.k.a. carbs) like whole-wheat pasta / multi-grain bread / sweet potatoes to fuel their active bodies and brains.
- To have some fat / cola / red licorice in their diets for long-lasting energy.
- To eat kilos of / a little extra / no extra protein (found in meat, poultry, fish, nuts, eggs, legumes, milk, cheese, yogurt) to build and repair hard-working muscles.

Answers: 1. A little differently—All you need is a bit more food to cover both energy and growth. 2. All are good carb choices! So are fruit, cereal and crackers. 3. Everybody needs some fat to move and grow. 4. Active teens only need a little extra protein and your food gives you all you need.

Power Booster

Small, mostly-carb snacks munched a bit before game time can really power you up! The list below has some super sports snacks. BUT, two of them could really bring you down! Match the pairs and see.

- | | |
|---------------------|--|
| 1. Granola bar | A. Carbs with protein for staying power. |
| 2. Fig cookies | B. Good carbs with a bit of oxygen-boosting iron. |
| 3. Fries and gravy | C. Too much sugar—you get a quick burst and a fast crash. |
| 4. Drinkable yogurt | D. Too much fat—hard to digest and will slow you down. |
| 5. Chocolate bar | E. Quick carbs—plain ones make a good vending machine score. |

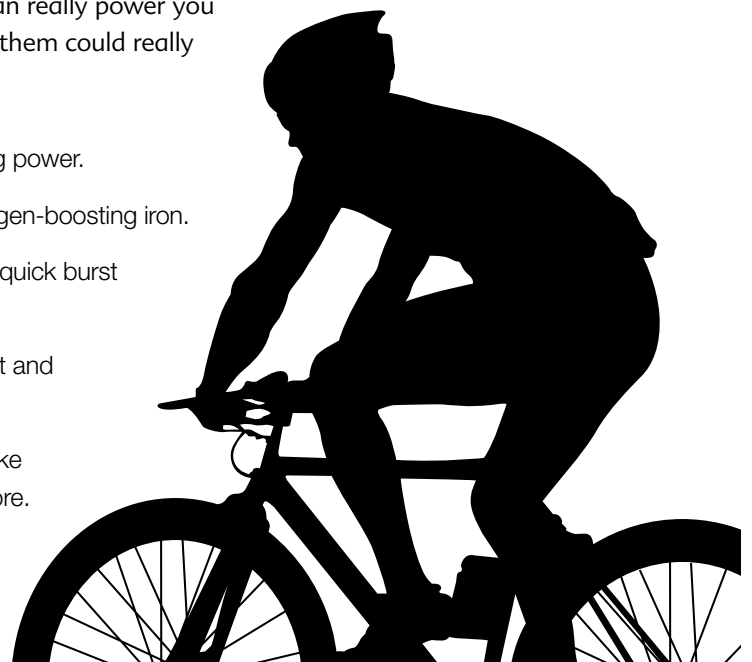
Answers: 1. e; 2. b; 3. d; 4. a; 5. c.

What am I?

Some things athletes like to take, chug or chew aren't what they seem. See if you know what these ones are.

- I'm loaded with caffeine, calories and lots of hype! _____
- You might eat me for energy but I can be more like a super sweet chocolate bar. _____
- I claim to build bigger, stronger muscles in a single gulp! _____
- I'm colourful, sugary water with a little salt. _____

Answers: 1. "Energy" drink.—Watch out, I can also come with the jitters, headaches and upset stomachs. 2. "Energy" or "sports" bars. 3. Protein powder, bars and shakes.—There's no shortcut to building muscles. What it takes is hard work and healthy eating. 4. Sports drinks.—Good for hard, sweaty workouts, but only extra calories if you are just hanging around.

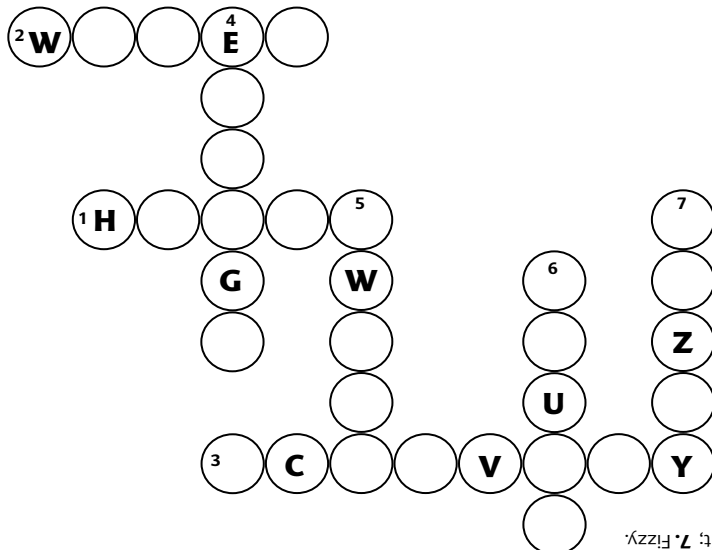


Sink or Swim CROSSWORD

Being even a little dehydrated—i.e. not having enough water in your body—can zap energy and slow you down.



Do the crossword puzzle and pick up some good tips about what and when to drink—or not drink!



Answers: 1. Hours; 2. Water; 3. Activity; 4. Enough; 5. Enough; 6. Fruit; 7. Fizzy.

ACROSS

1. Drink a big glass of liquid, like water or milk, 2-3 _____ before your activity.
2. For liquid during short, light, not-so-sweaty workouts, _____ is fine.
3. Sip on drinks often before _____ and during timeouts or breaks.

DOWN

4. Make sure to drink _____ after your sport.
5. The more you _____, the more you need to drink.
6. Eating juicy foods like _____, yogurt, smoothies and soup helps boost hydration, too.
7. Avoid _____ drinks (e.g., soft drinks) before or during activity—they make you feel gassy.

Top Banana

For a super post-game snack, whirl in a blender until smooth: 1 cup (250 ml) of icy cold milk, 1 ripe banana and 2 tablespoons (30 ml) peanut butter.

Cool ideas: Make it with chocolate milk. Or for a slushy smoothie, use frozen banana chunks—YUM!

Pack A Snack!

Need a quick boost before the big event? Here are some smart snacks to toss in your sports bag. Add an ice pack for things that need to be kept cool.

- Dry cereal
- Trail mix
- Dried fruit (e.g., apricots)
- Fruit cups
- Milk pudding cups
- Cereal bars
- Graham crackers
- Yogurt
- Milk
- Cheese & cracker packets
- Fresh fruit
- Bagels

Rocket Fuel

The right snack a few minutes after your training session helps you rehydrate, recover and refuel for your next workout. Unscramble the words below to learn more about this powerful post-game snack, then guess what it is.

- It's 87% _____ → **TRAW** _____
- It gives you carbs for _____ → **ULEF** _____
- To help repair muscles it has _____ → **TONEPIR** _____
- It has calcium for strong _____ → **SNOBE** _____

Hint: It's yummy, chocolaty and replaces electrolytes (ee-LEK-troh-lites) like potassium and sodium that you lose when you sweat. Downing about 500 ml (2 cups) does the trick. Moo.

Answers: Water; Fuel; Protein; Bones. Chocolate milk.



Check out
www.nutrition2009.ca

for more energizing information and power tips.

