

# NUTRITION RECOMMENDATIONS FOR PHYSICAL ACTIVITY BEFORE AN EFFORT

MEAL COMPOSITION ACCORDING TO THE AMOUNT OF TIME BEFORE THE EFFORT

> 3 - 4 HOURS	1 - 2 HOURS	1/2 - 1 HOUR	< 30 MINUTES
<p>Normal meal providing carbohydrates and a moderate amount of protein and fat (no fried foods or extra oily sauces)</p> <p>(2-3g carbs/kg of body weight)</p>	<p>1 food rich in protein + 3 to 6 foods rich in carbohydrates (low in fiber and fat)</p> <p>(1.5-2g carbs/kg of body weight)</p>	<p>2 to 3 foods rich in carbohydrates (low in protein, fiber and fat)</p> <p>(1-1.5g carbs/kg of body weight)</p>	<p>Light snack that's very easy to digest, that contains 1 to 2 foods rich in carbohydrates</p> <p>(0.5g carbs/kg of body weight)</p>
<ul style="list-style-type: none"> <li>• Chicken + rice + vegetables + fruit</li> <li>• Pasta + turkey + vegetables + marinara</li> <li>• Tofu + quinoa + sweet potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey sandwich + fruit</li> <li>• Bread + PB + banana + juice</li> <li>• Greek yogurt + granola + fruit + honey</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel + jam</li> <li>• Bread + PB + banana</li> <li>• Cereal + fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Juice</li> <li>• Applesauce</li> <li>• Banana</li> </ul>



**Listen to your hunger!** If these examples are not filling enough for you or you lack energy during your workout, do not hesitate to add more foods to your meals.



**Drink enough fluids every day.** Make sure your urine is light yellow. 2 to 4 hours before exercise, drink 5 to 10 ml of fluid per kilogram of body weight.



**Adapt these guidelines to your personal digestion.** If you can tolerate foods high in fat closer to your workout, go for it. These are simply recommendations that apply to most people.

# NUTRITION RECOMMENDATIONS FOR PHYSICAL ACTIVITY AFTER AN EFFORT

## CARBOHYDRATES

- Replenish glycogen reserves for the next workout.
- Ensure a good level of energy for the rest of the day / the next day.
- Ensure adequate total carbohydrate intake.
- Better manage appetite.

**1 - 1,2g / kg of  
weight or 50-150g**

For cardio, aim to eat your carbs in the 30 mins - 1 hour after since carb stores will more rapidly be replenished in this period

## PROTEIN

- Reconstruction of muscle fibers and ensure good recovery.
- Ensure adequate total protein intake.
- A regular protein intake throughout the day (meals and snacks) is essential for optimal recovery and optimization of performance.

**minimum 10 g**

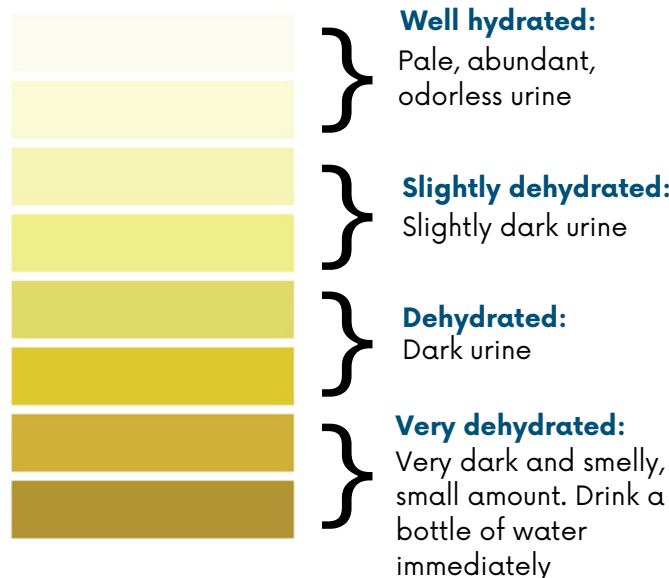
**after a muscle building  
session, minimum 20g up to  
max 0.4g/kg of body weight**

up to 2 hours after the workout

## EXAMPLES

- Meal with at least 1/3 plate covered in carbs (e.g. rice, pasta, potatoes) + protein source (e.g. chicken, tofu, fish)
- Wrap/sandwich with protein (e.g. turkey, eggs, legumes)
- Smoothie with fruit + protein boost (yogurt, protein powder, nut butter, etc.)
- Oats with nuts, fruit + yogurt

## WATER



**1,5 L / kg of  
weight lost or  
0.25 - 1L**

# HOW A DIETITIAN CAN HELP YOU

## Elevate your athletic performance

Proper nutrition can fuel your workouts, enhance performance, and speed up recovery. As a dietitian, I can help you:

- Plan what to eat before, during, and after workouts, tailored to your preferences and tolerance.
- Optimize your overall diet by balancing meals and snacks and timing them effectively to support your goals.
- Strategize nutrition for special events, ensuring you're prepared to perform at your best.

## Establish healthy habits

Building sustainable habits is key to supporting your physical and mental health. Using an intuitive eating approach, I can help you:

- Tune into your body's natural hunger and fullness cues to guide your eating choices.
- Create satisfying meals that leave you feeling nourished and energized.
- Understand how different nutrients contribute to your well-being and sense of satisfaction.
- Save time in the kitchen by learning simple meal planning strategies and quick, nutritious recipes.

## Shift your focus from weight to well-being

There's so much more to health than just a number on the scale - such as habits, mindset, and feeling your best. As an anti-diet dietitian, I can help you:

- Prioritize how you feel, both physically and mentally, over your weight.
- Build a positive relationship with food by learning to nourish your body without guilt, restriction, or rigid rules.
- Uncover the "why" behind your eating habits and develop mindful, sustainable changes that align with your unique needs.



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Member of the ODNQ

## Manage digestive issues

Whether it's bloating, cramps, irregular bowel movements, or conditions like IBS or IBD, nutrition can play a significant role in improving digestion. I can assist you with:

- Balancing fibre and fluid intake to support gut health.
- Identifying lifestyle factors like meal timing or physical activity that may affect digestion.
- Recognizing and managing trigger foods to minimize symptoms.

## Manage conditions/deficiencies

Nutrition is a key factor in managing chronic health conditions such as diabetes, hypertension, fatty liver, PCOS, anemia, etc.

Working together, I can help you:

- Understand the connection between what you eat and how it impacts your condition.
- Create personalized, step-by-step strategies to improve your health in a sustainable way.
- Focus on what you can add to your diet to nourish your body, rather than feeling restricted by what to avoid.