

Eat to Compete

Looking for answers

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The success of an athlete depends on many things. Nutrition is an important part of success but it's not an area of expertise for most coaches. Where can coaches, and athletes, go for credible nutrition information?

Here are a few places...

Canada's Food Guide to Healthy Eating

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

This is the place for basic information on healthy eating. You can download a copy of the guide or order paper copies from this web site.

Dietitians of Canada

www.dietitians.ca

This site has a consumer section called Eat Well Live Well that features a nutrition tip of the day, fact sheets and an online food and activity diary call EATtracker.ca. Enter what you ate for the day and EATtracker will assess your choices and provides general feedback. It's not designed to take the place of individual counseling by a registered dietitian but it's a good starting point to make athletes more aware of what they're eating.

Coaching Association of Canada (CAC)

www.coach.ca

The Coaching Association of Canada (CAC) has an entire section devoted to sport nutrition with resources created by its Sports Nutrition Advisory Committee (SNAC). SNAC members are registered dietitians from across Canada, many of them associated with the Canadian Sport Centres. The nutrition section includes tools, tip sheets and a listing of registered dietitians specializing in sport nutrition. The tip sheets cover a wide range of topics and are formatted for easy printing. Print off the tip sheets to give to athletes and parents or create links to them from your team web site. If you have athletes who might benefit from more in-depth, personalized assistance, use the "find a dietitian" feature to locate a sports dietitian in your area.

The Gatorade Sport Science Institute

www.gssiweb.org

GSSI is an education and research institute focusing on sport nutrition and exercise science. Their online sport science library has an entire section for hydration, and another section for sport nutrition. There are fact sheets, articles and research papers written by dietitians and physicians. Some of the information is quite technical.

Karen Armstrong is a Registered Dietitian with Manitoba Chicken Producers (www.chicken.mb.ca). She's an age group triathlete, masters swimmer, recreational skijorer and member of the board of Swim Manitoba. Look for more tips and information on eating to compete in upcoming issues of Coaches Clipboard. Karen can be reached at karmstrong@chicken.mb.ca.