



### **GOALS OF PRE-TRAINING/CLASS MEALS**

- Provide fuel for the muscles
- Prevent low blood sugar (hypoglycemia) symptoms: fatigue, dizziness
- Adequate hydration/fluid levels

### **PRE-TRAINING/CLASS DIETARY GUIDELINES**

- High complex carbohydrates (low – moderate glycemic index)
- Avoid fibre foods, sugar foods, fried foods
- Moderate protein (low fat)

### **PRE-TRAINING/CLASS MEAL SUGGESTIONS**

- Multi-grain cereal, milk, fruit, water
- Pasta, tomato sauce (no meat), fruit, water
- Peanut butter (small amount), & banana sandwich on whole grain bread, milk
- Yogurt with fruit, whole grain crackers, water
- Rice, skinless chicken breast (small amount), vegetables, juice, water

### **TIMING OF PRE-TRAINING/CLASS MEALS**

1. 3-4 hours for large meal to digest
2. 2-3 hours for smaller meal and 1 litre (4 cups) of water
3. 1-2 hours for a liquid or blended meal (shake)
4. 1 hour for a small snack high in carbs (sport bar e.g.: PowerBar)
5. 15-30 minutes ½ cup – 1 cup of water

### **DURING TRAINING/CLASS** **TWO PRIORITIES**

1. Maintain normal hydration level. Match fluid intake with fluid loss; approx. 100-150 ml ( ½ cup of water every 15 minutes).
2. Maintain normal blood glucose/sugar level.  
*\* Sport drinks & bars only necessary if exercising intensely for longer than 60-90 minutes.*

### **POST-TRAINING/CLASS DIETARY GUIDELINES**

- Rehydration (A.S.A.P.): One litre (4 cups) of water for every kilogram (kg) of weight loss.
- Within 15 – 30 minutes: foods & fluids high in carbs and low – moderate protein (3:1, carbs : protein). 1 – 1.5 grams of carbs per kg/body weight and repeat within 2 hours.  
**General Fitness:** low-medium glycemic index foods; to maximize metabolization of stored fats.  
**Sport Performance:** high glycemic index foods to restore glycogen level.
- Recovery of electrolytes (loss of minerals sodium & potassium) e.g.: oranges, bananas, potatoes (foods high in potassium) and sport drinks.  
*\*Only if exercising intensely for longer than 60-90 minutes.*