

SPECIAL OLYMPICS ONTARIO

FUEL YOUR CHAMPION

Nutrition tips and information to fuel your inner athlete!

INCLUDED

- Sport nutrition tips
- Fun recipe
- Details for Facebook Live event!



CREDITS

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Disclaimer: The information in this book is meant for general use only. Please see a health professional for your individual needs.

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SPORT NUTRITION TIPS:

TIP #1:



Drink water during your workout!

Try drinking **water** during your workout!

Water keeps your body **energized** by replacing the fluids lost through sweat. This will make sure your performance is always at its best!

Keep a bottle of water next to you so you don't forget!

TIP #2:



Buy in season!

Choosing fruits and vegetables that are **in season** can make shopping cheaper!!:

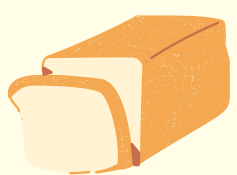
PRODUCE IN SEASON FOR APRIL:

- **Fruits:** apples
- **Vegetables:** beets, cabbage, carrots, cucumber, lettuce, mushrooms, onions, peppers, tomatoes, sweet potatoes

For other months, see this website:

<https://www.ontario.ca/foodland/page/availability-guide>

TIP #3:



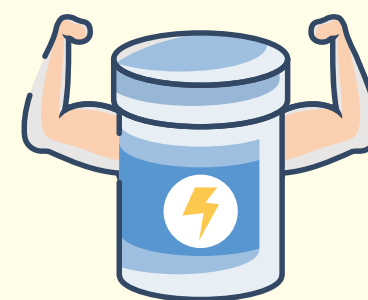
Eat carbs before your workout!

Eating carbs 1-2 hours before a workout or game gives you **energy!**

Try these examples:

- Pasta
- Sandwich with whole grain bread
- A banana
- Greek yogurt with fruit

TIP #4:



Eat protein after your workout!

Eating foods with **protein** within 1 hour after a game helps to build strong **muscles!**

Examples of high protein foods include:

- Eggs
- Beans
- Greek yogurt
- Protein bar
- Tuna
- Chicken

NUTRIENTS LEGEND:

Surprise! We have a fun recipe ahead: **build your own pita/flatbread pizza!**
Before we share the recipe, we wanted to break down the ingredients by nutrient.

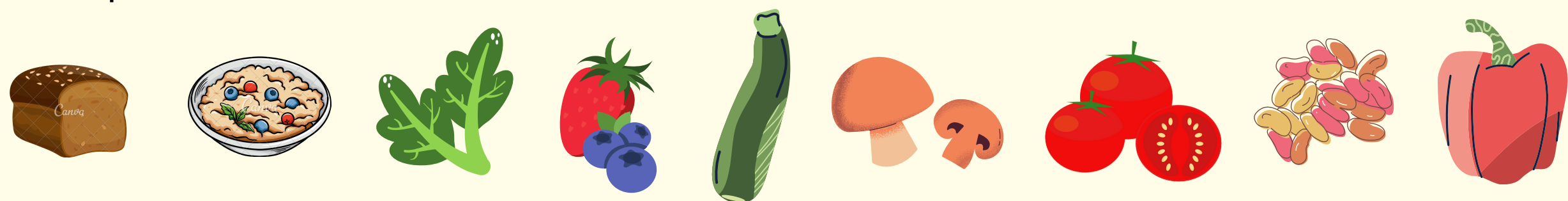
CARBS (from pita, sauce, and veggies)

- Main source of energy for your body and brain
- Helps with difficult workouts and lowers risk of injury
- Examples:



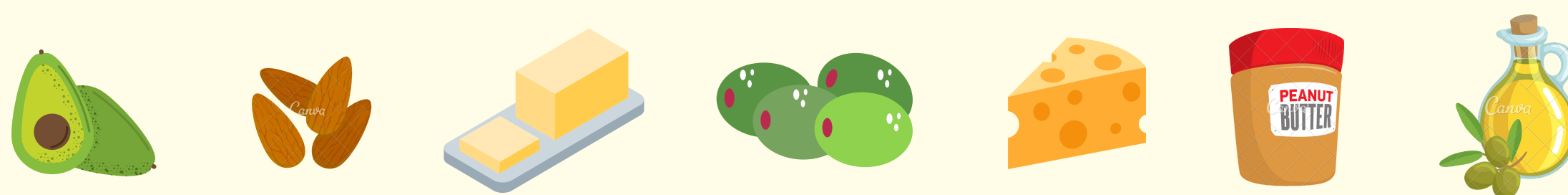
FIBER (from pita & veggies)

- Type of carb that the body cannot digest and does not offer energy
- But it is important for a healthy heart and digestion
- Examples:



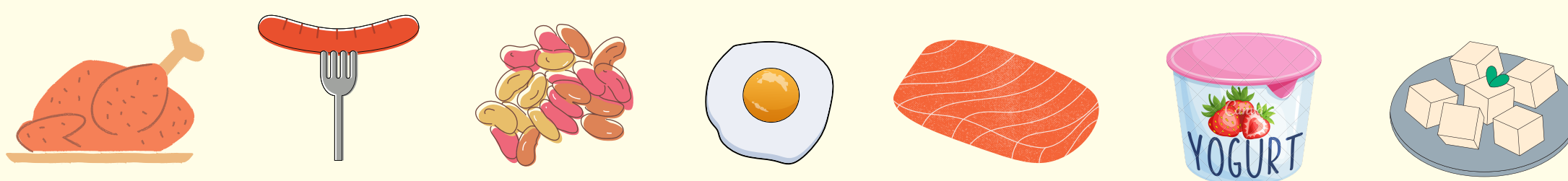
FATS (from cheese)

- Offers long-term energy that is perfect for low-intensity workout
- Note: eating too much fat before a tough workout can upset your stomach!
- Examples:



PROTEIN (from chicken/your choice)

- Helps keep the body working well and performing at the highest level
- Important for building muscles and recovering after a workout or game
- Helps you feel fuller for longer, which may help with weight loss if needed
- Examples:



BONUS TIP!

Two nutrients for strong bones:

1. **Calcium:** from cheese, yogurt, milk, tofu, broccoli, bok choy
2. **Vitamin D:** from the sun, eggs, salmon, low-fat milk

It works best when these foods are eaten together!

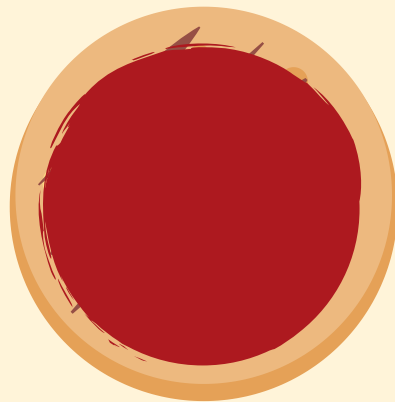
RECIPE: INGREDIENTS

To build your own pita/flatbread pizza, you will need:

Serving size: 1 pita pizza



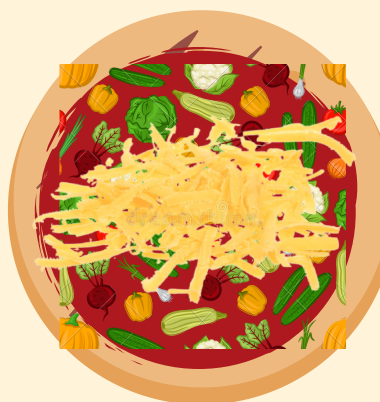
1 pita/flatbread



1/4 cup tomato sauce/paste/pizza sauce



1/2-2/3 cup veggies (i.e. mushrooms, peppers, tomatoes, olives, etc...)



1/3 cup Cheese (shredded or block)



1/3 cup protein of choice. Examples:

- Shredded chicken, pre-cooked
- Sliced sausage, pre-cooked
- Tofu or tempeh, pre-marinated
- Beans (kidney, black, white, etc..)



TIP! Make your pizza your own by choosing your favourite ingredients. You can add more or less based on what you like!

RECIPE: MATERIALS

Here's what you'll need:

- 1 x Pair of oven mits
- 1 x Sheet pan
- 1 x Towel
- 1 x Cutting board
- 1 x Knife (if cutting vegetables)
- 1 x Grater (if shredding cheese)
- 1 x Pizza cutter (or your knife)
- 1 x Spoon
- 1 x 1/2 Measuring cup
- 1 x 1/3 Measuring cup
- 1 x 1/4 Measuring cup

RECIPE: INSTRUCTIONS

Here's what you need to do:

1. Preheat your oven to 400°F
2. Wash your hands!
3. With your knife, carefully slice your veggies on your cutting board
4. Using your grater, grate your cheese (if you have pre-grated cheese, skip this step)
5. Using your spoon, spread your sauce evenly on top of the pita/flatbread
6. Evenly spread your sliced veggies on top
7. Evenly spread your cooked protein on top
8. Sprinkle on your cheese
9. Using your oven mits, carefully place your pizza in the oven for 20 minutes (**Tip**: set a timer!)
10. Once your pizza is golden brown, use your oven mitts to carefully take your pizza out of the oven. Slice and enjoy! (Be careful, it's hot!)

TIME TO COOK!

**Want to make this
recipe with us?**



Join us **Friday, April
2nd** on Special
Olympics Ontario's
Facebook Live from
5pm-6pm!

Be sure that your
ingredients are prepped
and ready to go!

See you there!

REFERENCES

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