



Guidelines for Food and Beverages Available at Sporting Events in BC



ActNowBC



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Development Team

Jennifer Gibson
Sport Dietitian, SportMed Nutrition
SportMedBC

Meghan Day
Nutritionist, School and Community
Ministry of Healthy Living and Sport

Special thanks to the following

Luie Zappacosta
Zapp Worx Design

Barbara Carver
Baytree Communications

Project Advisory Committee Members

Lynda Cannell
SportMedBC

Joanna Fox
Ministry of Healthy Living and Sport

Bruce Wasyluk
Ministry of Healthy Living and Sport

Tatjana Bates
Interior Health, Public Health

Joe Hitchcock
BC Athlete Voice

Kate Harrington
BC Disability Games

Kelly Mann
BC Games Society

Drew McKenzie
Canadian Sport Centre Pacific

Alex Nelson
Aboriginal Sports and Recreation
Association of BC

Marilyn Payne
2010 Legacies Now



As an athlete competing for my country, it is essential for me to make healthy choices every day to perform at my best. Eating balanced meals and snacks makes me feel good and I know it's good for my body. What I eat affects how I train and recover from the rigors of pushing my body to the limit.

It would seem natural to have healthy snack options for active people and sport fans who are attending a sport venue or event. Having healthy alternatives to the more traditional "ballpark" offerings is the key to promoting healthy eating and encouraging healthy lifestyles.

Whether participating in sport or being inspired as a spectator watching top athletes compete, it's great to see BC's commitment to having healthy options available at sporting events for the young athletes of BC and future Olympians and Paralympians of our country.



Carol Huynh
ActNow BC Athlete Ambassador
2008 Olympic Gold Medallist Wrestling
Hazelton, BC





Introduction

Sport and Nutrition:

Partners in Health and Performance

From backyard badminton to professional competitions, sport is fundamental to individuals, communities, and societies and brings people together every day and the world together every two years. Food is also vital to individuals, communities, and societies and brings people together every day! Not only do both sport and food bring us happiness and satisfaction, but it is also becoming more apparent that both are important for health, wellness and the prevention of chronic diseases. Healthy eating and physical activity, including sport, are a potent combination for disease prevention, weight management, stress reduction, performance enhancement and overall well being. Together, sport and nutrition should be seen as inseparable partners in health and performance.

Athletes:

Nutrition Fuels Performance

For athletes, nutrition and hydration help to promote optimal performance, recovery and regeneration. Athletes in training and competition have increased needs for energy, macronutrients (carbohydrates, protein and fats), micronutrients (vitamins and minerals) as well as fluids. Fueling with the wrong foods can have an impact on health and athletic performance. Improperly fueled and dehydrated athletes are not only compromising their health, but will also have less energy, concentration and ultimately not perform at 100% of their potential.

Spectators:

Active Partners in Health

What fun would sport be without spectators? Spectators are parents, friends, fans and most importantly, active members of the community coming together to support a cause. There is a fundamental need to look after the health and wellness of spectators that attend sporting events because they are the

community. The high availability and accessibility of unhealthy foods where we live, work and play is contributing to alarming rates of preventable chronic diseases and is affecting the overall health of our communities.

Foodservice Providers:

Key Players on the Team

Competition environments for athletes can span from a single game, a tournament weekend or a multi-day sporting event like the BC Games. Often, the only food available for athletes and spectators is through a common cafeteria and/or a concession at the sport venue. Unfortunately, many menus are not ideal for health or performance, and are high in fat, salt, sugar, caffeine, lack variety and are of poor nutrition quality. As the sole source of nutrition for athletes and spectators, foodservice providers have a responsibility to provide healthy food and beverages that support athletic performance and health.

The Winning Solution:

Guidelines for Food and Beverages Available at Sporting Events in BC

There is a missing connection between the values of healthy living that sporting events represent and the food and beverages sold within them. Foodservice operators who cater to and specialize in feeding athletes and their spectators are in a perfect position to “step up to the health and performance plate.” A new healthy opportunity exists!

The Guidelines for Food and Beverages Available at Sporting Events in BC were developed by SportMedBC, in partnership with the Ministry of Healthy Living and Sport and key sport organizations across British Columbia. These Guidelines are mandated for all sporting events that are financially supported by the Province of British Columbia.

The Guidelines have been created for:

- Foodservice organizations that provide catering for day-long or multi-day sporting events
- Food concession operators located within venues that are hosting sporting events

These Guidelines contain nutrition information, event meal considerations and sample menus that will help guide foodservice operators offer healthy choices to both spectators and athletes.



Stay Active, Eat Healthy

The BC Recreation and Parks Association and the Union of BC Municipalities are co-leading the Stay Active, Eat Healthy initiative to encourage the sale of healthy food and beverages in community recreation facilities and local government buildings. Congratulations to those recreation facilities and communities that are implementing the Stay Active, Eat Healthy program and are now offering healthy food and beverage choices in their public buildings and to their recreation consumers.

For those facilities that are implementing the Guidelines for Food and Beverages Available at Sporting Events in BC for an on-site event, and would like to improve the nutrition quality of the food and beverages offered daily within their facilities, refer to the Stay Active, Eat Healthy tools and resources. See www.stayactiveeathealthy.ca for the full range of information, tools and resources for industry, site facility managers and consumers.

The Province of British Columbia is committed to becoming the healthiest and most active province in Canada by 2010 and beyond. As the model for good health, BC supports and promotes the availability of healthy nutrition for both spectators and athletes at sporting events.

Be the Canadian champions of this cause and serve healthy nutrition at sporting events!



How to Use this Resource – A Guide for Foodservice Operators

This document is an educational and practical resource for foodservice operators who feed athletes and spectators at sporting events in BC. There are five guidelines, which focus on promoting healthy, well-planned, inclusive and safe food and beverage choices. Below is a summary of how to read and use each section in this resource.

Guideline 1: Gold Medal Foods & Fluids

This key guideline reshapes the nutrition quality of menus offered at sporting events. The nutrition criteria and recommendations provided are consistent with the Nutritional Guidelines for Vending Machines in BC Public Buildings (<http://www.lcs.gov.bc.ca/HealthierChoices/pdf/Appendixiii.pdf>)

This guideline provides:

Table 1: Winning Nutrients for Health and Performance

Table 2: Choosing Winning Foods and Fluids for Sporting Events

- **First place finish foods and fluids:** This category is consistent with the “Choose Most” category in the Nutritional Guidelines for Vending Machines in BC Public Buildings. These provide the highest nutrition quality and are strongly recommended for service at events. At least 40% of the foods and fluids available

should be served from this category.

- **On the podium foods and fluids:** This category is consistent with the “Choose Sometimes” category in the Nutritional Guidelines for Vending Machines in BC Public Buildings. These provide adequate nutrition quality and can also be served at sporting events. Up to 40% of the foods and fluids available should be served from this category.
- **Off the podium foods and fluids:** This category is consistent with the “Choose Least” and “Not Recommended” categories in the Nutritional Guidelines for Vending Machines in BC Public Buildings. These provide poor nutrition quality and are not recommended for service at events. A maximum of 20% of the foods and fluids available may be served from this category.

Guideline 2: Sport Foods, Beverages & Supplements

This guideline provides service recommendations for sport foods, beverages and supplements at events, including:

- Sport food and drink products
- Energy drinks
- Sport supplements

Photo Credit: BC Games Society, Kevin Bogetti - Smith



Guideline 3: First Place Meal Logistics

This guideline emphasizes some key considerations for the unique logistical challenges that often accompany catering for a sporting event, including:

- Food quantity
- Meal timing
- Competition environment

Guideline 4: Special Dietary Needs

This guideline encourages foodservice operators to provide options for athletes and spectators with special dietary needs. This guideline provides:

- Education regarding special dietary needs, for example: food intolerances, allergies and health related diet needs.
- Recommendations to help foodservice operators accommodate these special dietary needs.

Guideline 5: Safe Foods and Fluids

This guideline is a reminder about the high level of food safety that is expected when providing food and fluids at a sporting event. The guideline covers:

- Expectations for staff training in food safety
- General FOODSAFE guidelines
- Considerations for buffet style meal service

Appendices

The appendices offer foodservice operators practical tools and resources for meeting the Guidelines.

Appendix A: Sample menus for concession operators and for multiday sporting event

Appendix B: Guide for reading and understanding nutrition labels

Appendix C: Healthy eating and sport nutrition resources and references



Guideline 1: Gold Medal Foods and Fluids

Gold medal nutrition for athletes and spectators includes meals and snacks that are well balanced and nutrient dense. Meals that contain a winning combination of carbohydrates, protein, healthy fats, vitamins and minerals, and fluids are ideal for health and performance.

Table 1: Winning Nutrients for Health and Performance

Nutrient	Nutrient Functions	Foods and Food Groups with the Nutrient
Carbohydrate	Carbohydrates provide the body with the necessary energy it needs to perform and function, whether it be running a marathon or just waking up and making it through the day. Carbohydrates are the preferred fuel for working muscles and the brain and are vital for optimal performance, stamina and mental focus.	<ul style="list-style-type: none"> • Vegetables and Fruit • Grain Products • Milk and Alternatives • Meat and Alternatives
Protein	Almost every cell in the body is made up of protein. Protein is essential for muscle repair, rebuilding and recovery, formation of cells and hormones as well as maintaining the integrity of the immune system. Protein, when combined with carbohydrate, can also help provide a more sustained and even energy level for the body.	<ul style="list-style-type: none"> • Milk and Alternatives • Meat and Alternatives
Fat	Fats provide energy as well as the insulation and protection of our vital organs and nerves. Choosing healthy fats from plant sources will give the body mono and polyunsaturated fats, which have also been linked to reducing cardiovascular disease risk and decreasing inflammation.	<ul style="list-style-type: none"> • Vegetable oils (e.g. olive or canola oil), nuts and seeds, avocados, olives, and some fish (e.g. salmon)
Vitamins and Minerals	Vitamins and minerals are primarily used for the body's metabolic functions, maintaining a healthy immune system and making structures like bone and cartilage.	<ul style="list-style-type: none"> • Vegetables and Fruit: bright colours • Grain Products: fortified breads and cereals • Milk and Alternatives: calcium fortified • Meat and Alternatives: lean meats, beans and legumes
Fluid	Fluids regulate body temperature, remove waste, transport nutrients and maintain proper cellular function. Dehydration can have debilitating effects on performance and health and may cause muscle cramps, decreased cognition, fatigue and even heat injury. Athletes sweat more, so their need for fluids is increased.	<ul style="list-style-type: none"> • Water • Milk • Calcium fortified soy beverage • 100% fruit juice

Table 2: Choosing Winning Foods and Fluids for Sporting Events

	First Place Finish ("Choose Most")	On the Podium ("Choose Sometimes")	Off the Podium ("Choose Least/Not Recommended")	Performance Point for Athletes	Performance Point for Spectators
Vegetables and Fruits	<p>Low sodium (< 150 mg) foods:</p> <p>All fresh fruits and vegetables Serve a variety of colours and keep the skin on for more nutrition.</p> <p>Plain, dried fruits like figs, raisins and apricots</p> <p>Canned fruits packed in water or juice</p> <p>Canned vegetables packed in water</p> <p>Plain frozen fruits and vegetables</p>	<p>Moderate sodium (<300mg) foods:</p> <p>100% real fruit bars with fruit as the first ingredient</p> <p>100% real fruit/vegetable juices</p> <p>Fruit canned in light syrup</p> <p>Fries: some baked frozen fries (without trans fats), may be very lightly salted</p> <p>Some potato/vegetable chips, very lightly salted, baked</p>	<p>Added sugar and high sodium (>300mg) foods:</p> <p>Most fruit "gummi" candy</p> <p>Most chips if fried</p> <p>Candy, chocolate or caramel coated fruit</p> <p>Deep fried vegetables, including most fries</p>	<p>Since athletes push their bodies to the limit, they can become susceptible to illness.</p> <p>By eating vitamin rich vegetables and fruits, athletes can help maintain a healthy immune system all season long.</p>	<p>A diet high in vegetables and fruit provides the body with fibre and antioxidants, and can contribute to a lower risk of developing certain types of cancer, cardiovascular diseases and diabetes.</p>
Grain Products	<p>High fibre ($\geq 2g$) and low sugar ($\leq 12g$) foods:</p> <p>100% whole wheat breads/pitas/rolls/bagels</p> <p>Whole wheat pasta</p> <p>Brown rice</p> <p>Whole grain cereals</p> <p>Plain oatmeal</p> <p>Whole wheat crackers</p> <p>Some granola bars</p>	<p>Lower sugar ($\leq 16g$) and low fat ($\leq 7g$) foods:</p> <p>White pasta</p> <p>White rice</p> <p>Some crackers</p> <p>Flavored oatmeal</p> <p>White breads</p> <p>Some small cookies</p> <p>Most snack/energy bars</p> <p>Popcorn (plain) and low sodium pretzels</p>	<p>High sugar ($> 16g$) and high fat ($> 7g$) foods:</p> <p>Sugar coated cereals</p> <p>Chocolate coated granola bars</p> <p>Higher fat crackers</p> <p>Most cookies, cakes, doughnuts and other baked goods</p>	<p>Higher fibre foods provide a balanced and longer lasting source of energy for performance.</p> <p>Many grains are fortified with iron, a critical mineral for oxygen delivery.</p>	<p>A high fiber diet can contribute to a healthy body weight and a lower risk of certain chronic diseases.</p>
Milk and Alternatives	<p>Low sugar foods ($\leq 20g$ per 175ml) and beverages ($\leq 20g$ per 250ml):</p> <p>Plain, unflavoured milk and fortified soy drinks</p> <p>Decaf unsweetened tea/coffee</p> <p>Some hot chocolates madewith milk</p> <p>Most regular and light cheeses, cheese strings (unprocessed)</p> <p>Plain yogurt</p>	<p>Moderate sugar foods ($\leq 36g$ per 175ml) & beverages ($\leq 36g$ per 250ml):</p> <p>Chocolate milk</p> <p>Processed cheese slices with $>5\%$ daily value for calcium</p> <p>Most flavoured yogurts, including those with artificial sweeteners</p> <p>Many pudding/custards/ice milk bars, including those with artificial sweeteners</p> <p>Small portions of some ice milks, gelato and frozen yogurts</p>	<p>Added sugar and full fat foods ($> 15g$ fat) and beverages ($> 10g$ fat per 250mls):</p> <p>Candy flavoured milks</p> <p>Ice cream and most frozen novelties</p> <p>Regular cream or whipping cream</p> <p>Most cream cheese and cheese spreads</p> <p>Most regular sized sundaes</p>	<p>Milk products contain calcium and vitamin D, which are critical for maintaining the bone health of athletes.</p> <p>Chocolate milk is an excellent recovery food – it contains everything a body needs for regeneration – carbohydrates, protein, fluids and it tastes great!</p>	<p>Milk products contain calcium and vitamin D, which are critical for maintaining the bone health of spectators.</p>

Goal: 80% of food and beverages offered to athletes and spectators should come from First Place Finish and On the Podium Choices.
(See Appendix A for sample menus for events and concessions)

	First Place Finish ("Choose Most")	On the Podium ("Choose Sometimes")	Off the Podium ("Choose Least/Not Recommended")	Performance Point for Athletes	Performance Point for Spectators
Meat and Alternatives	<p>Fresh lean cuts such as chicken, turkey, beef, pork and lamb</p> <p>Legumes and beans such as kidney beans, pinto beans and lentils</p> <p>Eggs</p> <p>Meat alternatives such as tofu, tempeh and TVP</p> <p>Fish such as char, herring, mackerel, salmon, sardines and trout, fresh or canned in water or broth</p>	<p>Low sodium ($\leq 450\text{mg}$) and lean ($\leq 16\text{g}$ fat per 60g) foods:</p> <p>Luncheon meats</p> <p>Lean sausages and wieners</p> <p>Bean spreads and dips</p> <p>Some bacon products such as turkey bacon</p> <p>Some dried meats like jerky</p> <p>Some tuna or chicken salads, lightly seasoned</p>	<p>Full fat ($> 16\text{g}$ per 60g) and high sodium ($> 450\text{g}$) foods:</p> <p>Luncheon meats, and sausages with more filler than meat protein</p> <p>Bacon</p> <p>Pepperoni</p> <p>Fast food hamburgers not made with lean meats</p> <p>Tuna or chicken salads made with full fat mayonnaise</p>	<p>Meat and Alternatives are a good source of iron, which is a critical mineral for oxygen delivery and athletic performance. Research has shown that iron needs may be higher in some athletes.</p> <p>Protein helps regenerate and repair muscle which is critical after sport.</p>	<p>Meat and Alternatives are an excellent source of protein. Protein is used for immune system functioning as well as maintaining the health of muscle, hair and skin.</p> <p>Eating vegetarian sources of protein at a few meals a week can boost overall intake of fibre.</p>
Healthy Fats	<p>Vegetable oils: olive, canola, safflower, sunflower, soybean</p> <p>Unsalted nuts and seeds</p> <p>Olives, avocados</p> <p>Fatty fish like salmon</p>	<p>Low fat and trans fat free mayonnaise, salad dressing and margarine</p> <p>Butter</p>	<p>Full fat mayonnaise, and salad dressings</p> <p>Beef fat (tallow), chicken fat and pork fat (lard)</p> <p>Stick margarine and shortening</p>	<p>Many athletes and North American diets are lacking in healthy fat choices. Since healthy fats may help with inflammation in the body, athletes should include them daily.</p>	<p>Healthy fats can lower your risk of developing certain diseases such as heart disease.</p> <p>Remember that portion sizes are small – only 2-3 Tbsp of oil per day!</p>
Fluids	<p>Water</p> <p>Milk</p> <p>Calcium fortified soy, rice or almond beverages</p> <p>Sparkling/carbonated water or water with added flavours (no added sugar and/or no artificial sweeteners)</p>	<p>100% real fruit juice</p> <p>Chocolate milk</p> <p>Sport drinks (See Guideline 2)</p> <p>All regular and decaf coffee/tea drinks</p> <p>Diet decaf soft drinks and diet non-carbonated drinks and waters</p>	<p>Energy drinks with added caffeine, guarana or yerba and vitamin/mineral enhanced waters</p> <p>Most drinks with sugars as the first ingredient (e.g. iced teas, fruit "aids")</p> <p>Pops</p> <p>Slushy drinks with added sugars</p> <p>Most mixed coffee drinks and hot chocolate mixes</p>	<p>Staying hydrated is critical for athletes to maintain optimal performance. Water is the best fluid during exercise.</p> <p>Sport drinks are ONLY needed during high intensity, continuous sports where athletes are active for longer than 90 minutes.</p>	<p>Water makes up about 60-70% of the body. It helps to regulate body temperature, maintain blood pressure and support organs and joints.</p>

	First Place Finish ("Choose Most")	On the Podium ("Choose Sometimes")	Off the Podium ("Choose Least/Not Recommended")	Performance Point for Athletes and Spectators
Mixed Foods	<p>Entrees with ≤16g fat and ≤750mg sodium which may include:</p> <p>Most sandwiches, submarine sandwiches, and burgers made with lean meats (turkey, chicken, beef) and plenty of vegetables and whole grain breads/buns</p> <p>Pizza with vegetables and whole wheat crust</p> <p>Lower sodium stews, chillis, curries, served with a grain food</p> <p>Meat/tofu and vegetable stir fries served on rice, with low sodium sauce</p> <p>Pilaf (with vegetables)</p> <p>Most pasta with vegetable based sauce (may have meat)</p> <p>Burritos or soft tacos (bean or lean meat)</p> <p>Falafel in pita with tomatoes and tzatziki</p> <p>Some soups made with meat or beans/lentils</p> <p>Some low sodium frozen entrees</p>	<p>Entrees with ≤16g fat and ≤1000mg sodium which may include:</p> <p>Some cheese or meat pizzas</p> <p>Pizza bagels</p> <p>Baked pizza pockets, pizza pretzels</p> <p>Most sushi</p> <p>Pilaf (rice and meat)</p> <p>Some pasta with a milk based sauce</p> <p>Some curries, moderately salted</p> <p>Hard tacos with meat or bean filing</p> <p>Some soups without meat, or beans/lentils</p>	<p>Entrees with >16g fat per serving and >1000 mg of sodium which may include:</p> <p>Some pizzas, e.g. double cheese or meat lovers</p> <p>Some pastry based pizza pockets</p> <p>Most stir fries if made with salty sauces</p> <p>Some sausage/vegetable rolls</p> <p>Some pasta with a cream based sauce</p> <p>Most frozen entrees unless lower in sodium</p> <p>Some instant soups, plain or seasoned</p> <p>Many regular canned soups, broth or milk based</p>	<p>Core meals (breakfast, lunch and dinner) should include at least three out of the four food groups. This will provide the right ratio of carbohydrates, protein, fat, vitamins and minerals that athletes and spectators need.</p> <p>Healthy snacks should include at least two of the four food groups. Winning fluids to pair with meals and snacks are water and milk.</p> <p>All mixed meals should have sauces and spreads served on the side to accommodate personal decisions about added calories.</p>

The nutrition criteria provided in Table 2: Choosing Winning Foods and Fluids for Sporting Events is consistent with the Nutritional Guidelines for Vending Machines in BC Public Buildings

Have you heard about Trans Fat?

- Industrially-produced trans fat is found in food made with hydrogenated and partially-hydrogenated oil, margarine and shortening.
- Common sources of industrially produced trans fat include baked goods, fried foods and packaged foods.
- Industrially-produced trans fat is calorie by calorie, the most harmful ingredient in the diet. It increases the risk of heart disease more than any other type of dietary fat.
- Beginning September 30, 2009 all BC Food Service Establishments with a permit to operate will be required to restrict industrially produced trans fat in all foods that are prepared, served or offered for sale on the premises.
- The Guidelines for Food and Beverages Available at Sporting Events in BC is consistent with the nutrition criteria within the Guidelines for Food and Beverage Sales in BC Schools (2007) and the Nutritional Guidelines for Vending Machines in Public Buildings (2007), both of which effectively restrict trans fat.
- For more information on trans fat visit: www.restricttransfat.ca or call 8-1-1 and ask to speak to a HealthLink Dietitian.

Guideline 2: Sport Foods, Beverages and Supplements

Sport Foods - What Are They?

Sport drinks, nutrition bars, gels and meal replacement shakes are convenience products that may be used as meal supplements in special situations. For example, a meal supplement bar may be a quick and portable balanced snack to take to the field for recovery. Sport shakes are great for athletes with an early morning start but no early morning appetite. However, not all sport foods are created equally and some may have as much sugar and fat as candy bars.

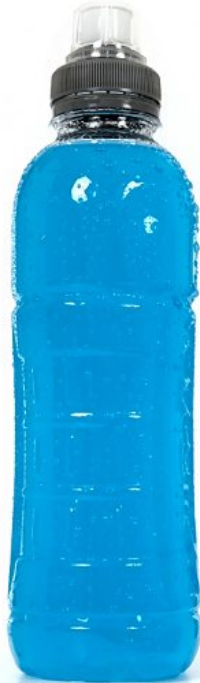
What Are the Recommendations for Foodservice Operators?

Sport drinks should only be offered at events with high intensity continuous activity lasting longer than 90 minutes. Sport drinks contain water, sugar and electrolytes, and are suitable for this type of performance, however they have no nutritive benefits for spectators or athletes involved in sports of lower intensity or less duration.

- Offer sport products with real food ingredients on the label like oats, brown rice, fruits and nuts.
- Avoid products with sugar alcohols, artificial colours, sweeteners, added herbs or caffeine.
- Offer sport food products with moderate calories and sugar, a balance of carbohydrates (including fibre), protein and fats. An example of a good nutrition ratio: 200-300 calories, 4:1 ratio of carbohydrates to protein, less than 7g of fat, at least 3g of fibre, and less than 10g sugar.
- Offer sport food products that are Canadian made and manufactured products.
- Read labels carefully, as some products are not recommended for children because they may contain herbs, extra vitamins or caffeine.

Energy Drinks - What Are They?

Most energy drinks contain a combination of caffeine, sugar, carbonated water and additional herbs, vitamins or amino acids. Although energy drinks have surged in popularity and have become widely marketed as a performance aid that improves alertness and energy levels,



these drinks have poor nutrition quality and potential health implications. They can become addictive, contribute to weight gain and dental caries, and can hinder athletic performance by over stimulating the body. These drinks are not recommended for children as the long-term health effects of consuming these ingredients are unknown.

What Are the Recommendations for Foodservice Operators?

Energy drinks should **NOT** be sold or offered to athletes and spectators at sporting events due to their poor nutrition quality and potential negative health implications.

Sport Supplements - What Are They?

The sport supplement industry is a multimillion-dollar business with lofty promises made for every powder and pill on the market. Canada is making strides to try to improve the regulation of sport supplements, however inappropriate use may pose a risk to the health and performance of athletes and spectators. Examples of sport supplements include performance-enhancing powders like creatine and amino acids, pills used for weight loss or diuretic purposes as well as herbal preparations and tinctures.

Some sport supplements have been found to be cross-contaminated with banned substances. This has resulted in failed drug tests by athletes, resulting in sport suspension, lawsuits and losses of medals. Sport supplements may also have negative interactions with prescription drugs and could cause medical complications if taken by persons with certain health conditions.

The indiscriminate and self-prescribed use of sport supplements in athletes is not recommended by Canadian Sport Organizations or by Health Canada.

What Are the Recommendations for Foodservice Operators?

Sport supplements should **NOT** be sold or offered to athletes and spectators at sporting events in BC due to the possible risks to health and safety.

Guideline 3: First Place Meal Logistics

Planning meals for hundreds of hungry athletes and spectators can be overwhelming. This guideline helps foodservice providers consider food quantity, meal timing and the competition environment in order to ensure that athletes and spectators are fueled for success.

Food Quantity Considerations

Plan and budget for more food than usual, since athletes tend to eat more than the average person. Finalize the numbers as soon as possible – remember to count athletes, coaches, support staff, volunteers and spectators. Review the competition schedule to identify when athletes and teams will be eliminated in order to estimate changes in overall numbers of meals needed over the entire event.

Many athletes may require a portable and nutritious meal if they will be away or competing at an event site all day. Creating easy, take-away sport meal combos are great for athletes and spectators attending all-day sporting events. Build a meal with choices from at least three of the four food groups and a fluid.

Top 3 Take Away Sport Meal Combos:

1. Turkey Breast Sandwich on Whole Wheat Bread + Whole Fresh Fruit + Milk Carton + Water
2. Chicken Pita Wrap + Carrot Sticks with Hummus + Yogurt + Water
3. 2 Granola Bars + Whole Wheat Bread Rolls + Fruit + Cheese (single portions) + Water



Meal Timing Considerations

Foodservice providers should plan hours of operation that work well in conjunction with the event and competition schedule. For athletes, appropriate meal timing ensures that they are adequately fueled to perform at 100% of their potential and can properly recover and repair for the next competition. If foods available at concessions are nutritious, healthy and available at the right times, athletes and spectators will be more inclined to choose foods from the venue instead of purchasing food elsewhere.

Consider these guidelines for athlete and spectator friendly meal timing:

- Use the sporting event schedule to plan meal service times.
- Pre-game meals should be available and served between two to four hours ahead of the event.
- Post-game meals should be available immediately after the competition.
- Schedule foodservice hours to accommodate for event start and end times. Some sports will have very late start times (e.g. hockey), and others very early start times (e.g. rowing).
- Athletes may not have large appetites for early morning and late night events, but they still need adequate pre-fueling and recovery nutrition. Smoothies and liquid nutrition supplements can be just the right solution to offer in these situations.

Competition Environment Considerations:

Foodservice operators should consider the climate when planning a competition menu.

- In hotter climates, more cool fluids should be available. Offering electrolyte replacement drinks (such as sport drinks) should be considered. Plan for an increase in demand for cooled and iced foods and fluids.
- In cooler climates, offering warm beverages and foods should be planned into menus. Soups, warm entrees and beverages are all welcome relief from a chilly day of competition.

Buy BC Grown

- Buying locally is a healthy choice. Locally grown foods are generally fresher and less processed than imported foods. Produce picked at its peak has the highest nutrient content.
- Buying locally is good for the economy. Dollars spent are reinvested back into the community, which strengthens the growth of small businesses and generates local jobs.
- Buying locally supports local farmers. Purchasing food products from local farms enhances the market for locally produced food products, and contributes to the sustainability of rural communities.
- Buying locally is good for the environment. Local food distribution uses less fossil fuel for transportation and less packaging materials.

Photo Credit: BC Games Society, Kevin Bogetti - Smith



Guideline 4: Special Dietary Needs

Foodservice operators should be sensitive and cater to athletes and spectators with special dietary needs. There are several reasons why an athlete or spectator may avoid certain foods or food groups, including: food sensitivities, health related diet concerns, and personal or religious practices.

Food Sensitivities Can Be Classified As Either Allergies or Intolerances

A food allergy occurs when the body's immune system fights the food and tries to get rid of it because it mistakenly believes that the food is a harmful invader. An allergic response to food can vary from hives and rashes to anaphylactic shock and death if not treated in time. In comparison, a food intolerance isn't caused by a

response of the immune system. Rather, it is a result of the body's inability to absorb or metabolize certain parts of the food. An example of this is lactose intolerance.

Recommendations for Foodservice Operators

- Keep an up-to-date copy of ingredient labels and organize them in an ingredient binder.
- Ensure that the ingredient binder is available for spectators and athletes to access information.
- Ensure that appropriate signs are easy to see, and that menu ingredients are clearly communicated.
- Arrange for special seating areas and equipment to be used for food allergies or practices (e.g. "peanut free" seating zones).

Table 3: Foods to Include on the Menu that Accommodate Special Dietary Needs

Special Dietary Need	Foods That Are Commonly Avoided	What Foodservice Operators Can Do
Food sensitivity: an adverse reaction to a food (e.g. food allergies and food intolerances).	Milk, egg, peanut, tree nut (walnut, cashew, etc.), fish, shellfish, soy, and wheat	<p>Include clear labels that indicate when foods are free of or contain certain high allergy risk ingredients.</p> <p>Include food options that are "nut-free", "lactose-free" and "wheat-free".</p>
Health related food restrictions (e.g. heart disease, diabetes)	Foods that are high fat, salt and/or sugar	<p>Offer sugar-free sweeteners, foods and beverages.</p> <p>Offer low fat, low sodium food options. Remember that all fresh fruits and vegetables are low fat and low sodium.</p>
Personal and religious practices	Specific foods and food combinations. For example, vegetarians avoid all or certain animal products based on personal or religious beliefs.	<p>Offer foods that are completely animal free (contain no meat, milk, egg, gelatin or by-products). Meat alternatives include tofu, tempeh, seitan and beans and nuts. Menu examples: grain burger, soy hotdogs, bean salads, vegetarian lasagna, vegetable soups and chilis and bean burritos.</p> <p>Include Kosher options that are correctly labeled.</p>



More Information on Special Dietary Needs:

HealthLink BC's Dietitian Services (dial 811)
www.healthlinkbc.ca

Dietitians of Canada
www.dietitians.ca

Heart and Stroke Foundation of Canada
www.heartandstrokebc.ca

Canadian Diabetes Association
www.diabetes.ca

Anaphylaxis Canada
www.anaphylaxis.com

Kashruth Council of Canada
www.cor.ca/en/2

Guideline 5: Safe Foods and Fluids

In an athlete cafeteria environment, outbreaks of foodborne illness can have widespread, devastating effects on health and performance. Tight control of food handling is extremely important in these environments to protect the health and safety of the athletes.

In concession environments, safe food handling including proper refrigeration, reheating and frequent hand washing is critical to ensure the health and safety of both athletes and spectators.

Recommendations for Foodservice Operators

Employees of foodservice operations must be properly trained regarding safe food handling practices. FOODSAFE training is mandatory in BC for operators of any type of food premises (any place where food is intended for public consumption is sold, offered for sale, supplied, handled, prepared, packaged, displayed, served, processed, stored, transported or dispensed).

Foodservice operators must always maintain the following FOODSAFE practices:

- Minimize risk of cross contamination.
- Enforce strict rules about employee sanitation and hand washing guidelines.
- Prepare foods in the appropriate way, at the appropriate temperature and critical control points.
- Hold and serve foods at the appropriate temperature for the appropriate amount of time.
- Keep excellent records and sanitary environments for food storage.

Make a Commitment to Go Green!

Reduce waste and help the environment by considering these green ideas:

- Consider tray-less meal service to reduce water waste.
- Ensure that take away cartons, meal containers and cutlery are recyclable and or biodegradable. Put recycling bins where they are easy to find.
- Partner with a local biofuel group and donate your used cooking oil.
- Consider large condiment stations over smaller single serve packets.
- Eliminate plastic bags.

When serving in buffet-style environments:

- Food stations must be operated, and food monitored, by appropriate FOODSAFE trained staff.
- Sneeze-guards should be appropriate and in place.
- Appropriate and hygienic dispensing of cutlery and utensils must be considered.
- Hand sanitizer stations must be set up before entering food area and strictly enforced.

For more information on FOODSAFE: www.foodsafe.ca

Photo Credit: BC Games Society, Kevin Bogetti - Smith



Summary

Healthy eating and physical activity, including sport, are a winning team. They are a potent combination for disease prevention, weight management, stress reduction, performance enhancement and overall well-being. Together, sport, physical activity and nutrition are inseparable partners in health and performance. Sporting events are beacons for healthy living in the

community. They bring people together to cheer on athletes and teams and to participate in physical activity. The Province of British Columbia is committed to becoming the healthiest and most active province in Canada by 2010 and beyond. As the model for good health, BC promotes healthy nutrition at sporting events to support both athletic performance and community health.



Appendix A: Sample Menus

Sample Concession Menu at Sporting Event



Beverages

Milk 2%
Milk - skim
Milk - chocolate

Water - bottled
Water - sparkling, plain

100% fruit juice - variety
orange, apple, wild berry, fruit medley,
grapefruit

Coffee
Decaf coffee
Tea
Herbal teas
Hot chocolate made w/milk

Easy Snacks

Assorted fresh fruit
Fruit salad cup
Yogurt
Frozen yogurt or fruit ice bars
Cheese strings
Baked chips
Whole wheat pretzels
Chocolate bars, mini
Fruit and nut mixes
High fibre granola bars
Sport nutrition bars
Nut and honey bars
Fruit leather bars

On the Menu

Hot dog
Chili dog
Veggie dog

**all with a healthier wiener, served on
multigrain bun*

Hamburger
Cheeseburger
Mushroom burger
Chicken breast burger

**all burgers are lean 3 oz burger served on
multigrain bun with lettuce, tomato, cucumber*

Whole wheat wraps and sandwiches:
Falafel, chicken, tuna,
grilled veggie and beef

Vegetable pizza

Cheese pizza
Mediterranean pizza
Vegetable pizza pockets

Vegetable soup
Hearty minestrone soup
Vegetable chili
**all low sodium, and all served with multigrain bun*

Salads and veggies
Tossed salad with reduced fat dressing
3 bean salad
Greek salad
Veggies and hummus
or bean dip, small
Veggies and hummus
or bean dip, large

Fries, small, large
Sweet potato fries
**deep-fry in trans fat-free oil*

Sample 10 Day Cafeteria Style Athlete Menu for Sporting Events

Meal	Day One	Day Two	Day Three	Day Four	Day Five
Breakfast Rotating hot food choices	Omlette Station	Whole wheat French toast with light syrup	Oven baked breakfast potatoes, low fat ham, scrambled eggs	Breakfast sandwiches: Poached eggs on whole wheat bagels with reduced fat bacon	Hot oatmeal with fruit and nut selection and scrambled eggs
Breakfast Standard daily buffet cold food items	Assorted fresh fruit Assorted high fibre cereals, whole grain breads including English muffins, bagels, All natural peanut butter, cheese < 20% M.F., low fat cottage cheese, hard boiled eggs, low fat yogurt Skim, 1% and 2% milk, soy milk, 100% real fruit juice, tea and coffee, water				
Lunch Rotating hot food choices	Soup: Chicken rice Entrée: Vegetable and lean meat and low fat cheese lasagna	Soup: Minestrone Entrée: Assorted meat (shrimp, beef or chicken) or tofu stir fry served with steamed brown rice and vegetables	Soup: Barley vegetable Entrée: Pasta station with self serve plain tomato sauce, meat tomato sauce and vegetable tomato sauce	Soup: Beef vegetable Entrée: Whole wheat burrito and soft shell taco station with self serve beans, rice, low fat cheese, shredded chicken, salsa and vegetables.	Soup: Chicken noodle Entrée: Chicken, lean beef and vegetarian burgers on whole wheat bun
Lunch Standard daily buffet cold food items	Assorted fresh fruit Make your own sandwich station including the following: <ul style="list-style-type: none"> • Breads: Whole wheat bread, whole wheat pitas, whole wheat wraps, multigrain dinner rolls • Filling: Turkey breast, chicken breast, black forest ham, tuna salad, roast beef, falafel, black beans, cheese (low fat) • Toppings: lettuce, tomatoes, sprouts, cucumbers, peppers, jalapeno, hummus, olives, onions, and other condiments Fresh salad bar with dressings including low fat options served on the side Skim, 1% and 2% milk, soy milk, 100% real fruit juice, tea and coffee, water				
Dinner Rotating hot food choices	Soup: Chicken and vegetable Entrées: Thai chicken stir fry with steamed brown rice Tofu vegetable casserole	Soup: Tomato Entrées: Maple glazed pork tenderloin with mashed potato and steamed vegetables Spaghetti with meat and tomato sauce	Soup: Hot and sour Entrées: Grilled salmon, steamed brown rice, steamed cauliflower and broccoli Grilled eggplant parmigan	Soup: Vegetable medley Entrée: Grilled beef steak with baked potato station and grilled assorted vegetables	Soup: Low fat mushroom Entrée: Chicken and bean fajitas with baked sweet potato fries and vegetable skewers
Dinner Standard daily buffet cold food items	Assorted fresh fruit Fresh salad bar with dressings including low fat options served on the side Multigrain dinner rolls and crackers Skim, 1% and 2% milk, soy milk, 100% real fruit juice, tea and coffee, water				

Menu adapted from: 2006 Calgary Olympic Development Association 10-day Athlete Menu Rotation by K.A. Erdman

Meal	Day Six	Day Seven	Day Eight	Day Nine	Day Ten
Breakfast Rotating hot food choices	Whole wheat pancakes with fresh berries	Breakfast burritos with whole wheat wraps, vegetables, scrambled eggs and low fat cheese	Whole grain waffles with fresh fruit toppings	Scrambled egg station (mix choice of veggies, bacon, ham)	Oven baked breakfast potatoes, low fat ham, scrambled eggs
Breakfast Standard daily buffet cold food items	Assorted fresh fruit Assorted high fibre cereals, whole grain breads including English muffins and bagels All natural peanut butter, cheese < 20% M.F., low fat cottage cheese, hard boiled eggs, low fat yogurt Skim, 1% and 2% milk, soy milk, 100% real fruit juice, tea and coffee, water				
Lunch Rotating hot food choices	Soup: Sweet potato Entrée: Vegetarian pizza on whole wheat crust	Soup: Vegetable chili and beef chili Entrée: Lean beef and veggie hot dogs on whole wheat buns	Soup: Black bean Entrées: Baked whole wheat macaroni and cheese Pasta Station	Soup: Chicken noodle Entrée: Steamed fish and grilled tofu with rice and vegetables	Soup: Low fat chowder Entrée: Vegetable and lean meat filled pasta
Lunch Standard daily buffet cold food items	Assorted fresh fruit Make your own sandwich station including the following: <ul style="list-style-type: none"> • Breads: Whole wheat bread, whole wheat pitas, whole wheat wraps, multigrain dinner rolls • Filling: Turkey breast, chicken breast, black forest ham, tuna salad, roast beef, falafel, black beans, cheese (low fat) • Toppings: lettuce, tomatoes, sprouts, cucumbers, peppers, jalapeno, hummus, olives, onions, and other condiments Fresh salad bar with dressings including low fat options served on the side Skim, 1% and 2% milk, soy milk, 100% real fruit juice, tea and coffee, water				
Dinner Rotating hot food choices	Soup: Italian wedding Entrées: Ratatouille Eggplant parmigan Pasta station	Soup: Leek and potato Entrées: Chickpea and meat mild and spicy curry and tikka masala with steamed rice and vegetables	Soup: Leek Entrées: Turkey with mashed potatoes, peas and carrots Falafel with couscous and tabouli salad	Soup: Tomato Entrées: Lemon ginger chicken breast with steamed asparagus and vermicelli noodles Vegetarian casserole	Soup: Bean medley Entrées: Baked cod with steamed brown rice and green beans Assorted sushi and maki brown rice rolls
Dinner Standard daily buffet cold food items	Assorted fresh fruit Fresh salad bar with dressings including low fat options served on the side Multigrain dinner rolls and crackers Skim, 1% and 2% milk, soy milk, 100% real fruit juice, tea and coffee, water				

Menu adapted from: 2006 Calgary Olympic Development Association 10-day Athlete Menu Rotation by K.A. Erdman

Food and Beverage Items Available 24 hrs:

- Toaster station with assorted whole grain breads, English muffins and bagels
- All natural peanut butter, non-hydrogenated spread, 100% fruit jam
- Assorted fresh fruit
- Yogurt, Skim, 1% and 2% milk, soy milk
- 100% real fruit juice, tea and coffee, water
- Assorted snack bars: high fiber and low fiber granola bars, meal replacement sport bars

Appendix B: Label Reading Resources

1. Understanding Ingredient Labels

Every product has an ingredient list. For small bulk items, it might be on the carton rather than the individual package. Ingredients are listed in descending order -- as you read through the list, the amounts by weight get smaller and smaller. Usually the first three to five ingredients (not including water) tell you the most; however, artificial sweeteners and caffeine don't weigh very much so they are usually near the end of the ingredient list.

Milk Ingredients: Milk needs to be the first ingredient for the Milk-based foods and Milk-based beverages categories. Look for these words:

- Milk (whole/2%/1%/skim, non fat)
- Evaporated Milk
- Skim Milk Powder
- Milk Ingredients', Milk Solids (may be modified)

Trans fats are strictly limited in the Guidelines. If there is no Nutrition Facts Label, these words in the ingredient list give you an idea of how much trans fat might be in the product:

- Shortening
- Margarine (not all have trans fat)
- Partially hydrogenated oil

Artificial sweeteners: Artificial sweeteners are safe for children and adolescents to consume in small quantities. The 2007 Guidelines allow artificial sweeteners in the Choose Sometimes category and as a condiment in Secondary schools, but not in Elementary and Middle schools. Look for these names in the ingredient list:

- Splenda (Sucralose)
- Nutrasweet (aspartame, Sweet'n Low, Sugar Twin)
- Acesulfame Potassium (Ace-K)
- Cyclamate (Sugar Twin, Sucaryl)
- Sugar alcohols (maltitol, sorbitol, xylitol, etc, also polydextrose, hydrogenated starch hydrolysates, isomalt)

(Note: Some foods are sweetened with stevia. Stevia is an herb that is not approved by Health Canada).

Sugars can be from many sources and in many forms. Look for these words on the ingredient list for added sugars:

- "Ose" words: sucrose, fructose, dextrose, maltose, etc
- Syrups: cane syrup, rice syrup, corn syrup, maple syrup, etc
- Concentrated fruit juice (used to sweeten many products other than 100% fruit juice, but adds very few nutrients to the products)
- Honey, molasses

Salt can be from these sources, but check the Nutrition Facts Label for total sodium:

- Salt, Sea Salt
- Sodium
- Sodium chloride
- Soy sauce
- MSG (monosodium glutamate)
- Baking soda, baking powder

Caffeine is listed as an ingredient only if it is added to something. Coffee drinks would not list caffeine as an ingredient, but cola drinks would. Cocoa contains caffeine but is unlikely to exceed the caffeine restrictions in the Guidelines. If the following ingredients are present, caffeine levels are likely to exceed the restrictions in the Guidelines:

- Caffeine
- Coffee (not coffee flavouring)
- Tea (black or green or white)
- Matè, Yerba, Yerba Matè
- Guarana

For more help in reading ingredient lists and determining caffeine content, contact your local Community Nutritionist or call HealthLink BC's Dietitian Services at 811.

Reference:

Guidelines for Food and Beverage Sales in BC Schools (2007), Ministries of Education and Health
http://www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/

2. Understanding Nutrition Facts Panels

The Nutrition Facts Panel is used to classify a food or beverage as “Choose Most”, “Choose Sometimes”, “Choose Least” or “Not Recommended”. All foods and beverages are required to have a Nutrition Facts Panel. For small bulk items the panel might be on the carton rather than the individual package.

Compare this amount to the size of the package being sold. Is it the same or is it smaller, bigger?

Sodium mg/portion sold is restricted for many of the food groupings

In the guidelines the amount of a nutrient allowed is always based on the total package size you are selling (unless other wise specified). In this example, if the package was 240 mL, it would contain twice what the Nutrition Facts Label shows, e.g. 36 g of carbohydrate.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value **
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

This is the TOTAL amount of fat.

This is where you can find the amount of trans fat in a product. Some meats and milk products have low amounts of naturally occurring trans fats.

Naturally occurring sugars (like those from fruit or milk) are shown *together* with added sugars.

% Daily Value. The % refers to the proportion of the total recommended daily amount for someone with the highest needs

For more help in interpreting Nutrition Facts Panels or items without a Nutrition Facts Panel, contact your local community nutritionist or call HealthLink BC's Dietitian Services at 811.

For more information on reading nutrition fact labels and ingredient lists: http://www.hc-sc.gc.ca/fn-an/label-etiquet/index_e.html

Reference:

Guidelines for Food and Beverage Sales in BC Schools (2007), Ministries of Education and Health (renamed the Ministry of Healthy Living and Sport) http://www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/

Appendix C: References and Resources

Participating Organizations

Aboriginal Sports and Recreation Association of BC

www.asra.com

BC Athletes Voice

www.bcathletevoice.ca

BC Disability Games

www.disabilitysport.org

BC Games Society

www.bcgames.org

Ministry of Healthy Living and Sport

www.gov.bc.ca/hls/index.html

Canadian Sport Centre Pacific and Pacific Sport

www.cscpacific.com

www.pacificsport.com

SportMedBC

www.sportmedbc.com

2010 Legacies Now

www.2010legaciesnow.com

Interior Health

www.interiorhealth.ca

Nutrition, Activity and Health Resources

Active Communities

www.activecommunities.bc.ca

ActNow BC

www.actnowbc.ca

Anaphylaxis Canada

www.anaphylaxis.com

BC Health Guide

www.bchealthguide.org

BC Healthy Living Alliance (BCHLA)

www.bchealthyliving.ca

Bake Better Bites: Recipes and Tips for Healthier Baked Goods

www.healthyeatingatschool.ca/category/resources

Brand Name Food List

www.brandnamefoodlist.ca

BC Recreation and Parks Association (BCRPA)

www.bcrpa.ca

Canadian Diabetes Association

www.diabetes.ca

Canada's Physical Activity Guide for Healthy Living

<http://www.phac-aspc.gc.ca/pau-uap/paguide/>

Dietitians of Canada

<http://www.dietitians.ca>

Eating Well with Canada's Food Guide

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis

http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index_e.html

FoodSafe

www.foodsafe.ca

Guidelines for Food and Beverage Sales in BC Schools

http://www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/

Health Canada

www.healthcanada.ca

Healthier Foods: How to Make Fun-Fast-Foods Healthier for Students Fact Sheet

www.healthyeatingatschool.ca/category/resources

HealthLink BC's Dietitian Services

Call 8-1-1 or visit: <http://www.HealthLinkBC.ca>

Healthy Choices in the Recreation Setting: TOOLKIT

www.stayactiveeathealthy.ca

Healthy Food: Healthy Sales

<http://www.healthysales.ca/>

Heart and Stroke Foundation

www.heartandstroke.com

Kashruth Council of Canada

www.cor.ca/en/2

Nutritional Guidelines for Vending Machines in BC Public Buildings

<http://www.lcs.gov.bc.ca/HealthierChoices/pdf/Appendixiii.pdf>

Sip Smart! BC

<http://www.bcpeds.ca/sipsmart/>

Stay Active, Eat Healthy

www.stayactiveeathealthy.ca

Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies

www.healthyeatingatschool.ca/category/resources

Sport Nutrition Resources

Coaches Association of BC

Sport Nutrition Advisory Committee (SNAC) Resources

www.coach.ca

2009 Joint Position Paper: Nutrition and Athletic Performance American Dietetic Association, Dietitians of Canada and American College of Sports Medicine

http://www.dietitians.ca/news/highlights_positions.asp

2007 American College of Sports Medicine Exercise and Fluid Replacement Position Stand

www.acsm-msse.org/pt/pt-core/template-journal/msse/media/0207.pdf

Nutrition for Athletes. Nutrition Working Group of the Medical Commission of the International Olympic Committee.
<http://www.sportsoracle.com/resources>

Photo Credit: BC Games Society, Kevin Bogetti - Smith





Guidelines for Food and Beverages Available at Sporting Events in BC

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