



Eating well goes hand in hand with being active

A balanced diet enables active youth to:

- have lots of energy to pedal, run, jump, or swim, and grow up in health;
- be comfortable during physical activity;
- replenish energy reserves after physical activity.



Eating well, even when you're on the road or at a tournament

Pack nutritious snacks to curb cravings.

At restaurants

- Choose food that are steamed, baked, grilled, or roasted
 - Tuna, chicken, or turkey sandwiches, wraps or salads
 - Hamburgers made with grilled meat
 - Chicken skewers
 - Baked fish filets
 - Meat-based spaghetti sauce
- Breaded and/or fried foods may cause discomfort
 - Replace fries with raw vegetables or a salad

For more information

- Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports
- Suggestions of healthy options at fast food restaurants

www.alliancesherbrookoise.ca

- Nutrition sportive : Les boissons pour sportifs, est-ce pour vous?

www.extenso.org/article/les-boissons-pour-sportifs-est-ce-pour-vous/

- Nutrition A-Z

www.dietitians.ca, click on : Your health > Nutrition A-Z



The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit alliancesherbrookoise.ca

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Fueling my body

i'm in!



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Centre de santé et de services sociaux
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Eating well before exercising

Favour energy-rich foods.

- Fresh or dried fruits
- Homemade muffins and bread
- Pasta
- Cereal bars (whose first ingredient is not sugar)
- Sandwiches containing lean meats (chicken, turkey)
- 100 % pure fruit juice
- etc.

Foods of little nutritional value are not recommended.

- Fried foods, hot dogs, chips, poutine, etc.
- Candy, chocolate, etc.



Eating well after exercising

Your snack after exercising should contain carbohydrates and protein.

- Milk or fortified soy beverage
- Fresh fruit and cheese
- Vegetables and a handful of nuts
- Fruit yogurt
- Peanut butter toast

Did you know that...

The Ville de Sherbrooke has made a shift towards healthy foods and now offers more nutritious choices at its sports facilities?

Since 2008, the Commission scolaire de la Région-de-Sherbrooke has had a healthy lifestyles policy, so all schools take an active interest in the health of their students.



Before, during and after exercising: drink plenty of water

Dehydration may cause dizziness, fatigue, muscle cramps, headaches, etc.

BEFORE	At least 1 to 2 glasses of water in the 2 to 4 hours before exercising
DURING	3 to 4 mouthfuls of water every 15 minutes
AFTER	Drink enough to ensure that your urine is colourless

BE CAREFUL

Sports drinks, like Gatorade, are only helpful during intense physical activity lasting more than one hour or during heat waves.

Soft drinks, fruit drinks with added sugar, coffee, and tea are not suitable.

