



3133 SANDHILLS ROAD BADEN, ONTARIO, N3A 3B8

Healthy Eating Policy

PE1982 is in support of healthy eating habits that promote wellness and performance. A healthy eating policy educates our members to fuel their bodies in the correct manner, pre activity, during activity and post activity. Healthy foods are those that align within Canada's Food Guide.

<https://food-guide.canada.ca/en/>

Hydration

Water is the best fluid. Drink at least 250 to 500 mL of water up to 4 hours before exercise. Drink another 125 to 375 mL of water about 2 hours prior to your activity. Continue to drink water regularly during and after playing.

Nutrition

About 2 to 3 hours before playing, eat a meal that is rich in carbohydrates, low in fat and low in protein and fiber for quick digestion. During the activity, your body needs easy-to-digest foods or fluids. Carbohydrates will help you maintain normal blood sugar, allowing you to perform better. Post activity, your body is ready to store energy again, repair muscles and rehydrate.

For more information, Additional sources:

● Facts on Sports Drinks <https://www.unlockfood.ca/en/Articles/Physical-Activity/Sports-Nutrition-Facts-on-Sports>