

High Performance Fuel for Athletes Guidelines for Sport Concession Stands

These guidelines can be used to provide athletes with the foods and fluids they need to perform their best. Check with the public health inspector at 604-903-6700 whenever you are providing food to the public to ensure that it is safe to eat.

Fluids

Water (best thirst quencher and hydrator for most sports)	Hot chocolate (made with milk)
Milk & fortified soy drinks (plain or flavoured)*	Fruit smoothies (yogurt, juice, fruit)*
Yogurt-based drinks*	100% fruit or low sodium vegetable juice
Sport drinks (for events lasting > 1 hour)	
Diluted or sparkly juice drinks (no added sugars)	

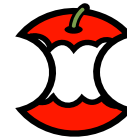


Grain Products

Whole grain - bagels, breads, buns, muffins, crackers, pitas, pancakes, etc.
Some whole grain cereals, cereals with fibre, fruit, or nuts
Some small baked lower fat items (e.g. loaves, muffins, crackers)
Very few whole grain and corn snacks (cereal mix, wheat chips, popcorn, etc.)
Most pastas and some pasta salads with very little dressing

Vegetables & Fruit

Fresh/frozen/dried fruit and vegetables (e.g. fruit kabobs)
Canned fruits in water, juice or light syrup
Some frozen fruit bars made with pureed fruit*



Milk Products

See fluids (above)*
Small portions of frozen yogurt, some ice milks*
Many puddings, custards
Most regular and light cheeses, cheese strings (unprocessed)

Yogurt*

Meat & Alternatives

Lean meats, fish, poultry*
Lean - wieners, pepperoni, chicken sticks, plain jerky*
Legumes (beans, peas lentils), dal, falafel, some refried beans, tofu*
Nuts/seed bars and mixes with nuts/seeds as 1st ingredient
Eggs, some egg salads, some chicken or tuna salads (lightly seasoned)*



Mixed Foods

Most – sandwiches (made with lean, roasted meats/poultry), sushi, pasta with sauce (vegetable or lean meat)*, pizza bagels or pretzels
Some - soups (low-sodium), pizzas (made with veggies & ½ the amount of cheese), lean burgers, stews, curries, chillies, stir fries, tacos with meat or bean filling*
Energy bars made with whole grain and/or fruit base (1st ingredient shouldn't be sugar)

*Refrigerator or freezer required

Visit www.brandnamelist.ca to find out whether the product is a Choose Most or Choose Sometimes food or beverage

Adapted from: Vancouver Coastal Health

